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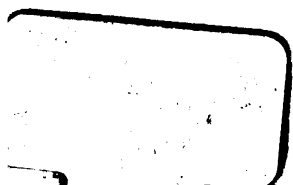
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Horsemanship

IN

SCHOOL AND COUNTRY

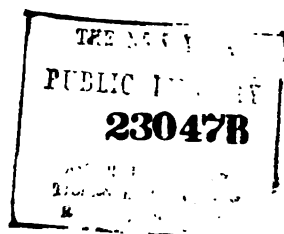
BY

L. U. LOMBARDI

Formerly Sergeant Instructor of the Italian Dragoons

*A Theoretical and Practical Method for
Ladies and Gentlemen*

276



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PREFACE.

THIS manual is dedicated to lovers of the noble sport of horsemanship, who, whether following the usual course in a riding-school or not, will find the reading of these chapters useful and interesting. It may also serve as a reference book to which one may refer at any time or place, in order to recall the suggestions already received from the instructor.

The author has aimed at clearness and conciseness, and as far as possible, at a logical progression of instruction. The reader will find here and there some general information which bears directly upon the practical worth of the instruction given.

The work is the result of twelve years' experience in horsemanship, during which time the author has never neglected to observe any new point that might arise, and to investigate its cause and remedy. Most of the theories here expounded were suggested to him at the Italian School of Cavalry in Pinerolo, where he followed the perfecting course in horsemanship under excellent instructors, second to none in theory and practice both in the riding-school and in the field. It was under the instruction of these masters that he had the opportunity to treasure up not only the most salient points in the theory of the art, but also much valuable information resulting from actual practice.

Nor has a four-years' residence in England, France and America been without great benefit, for coming in contact with eminent horsemen, he had the opportunity to observe new methods and to take into consideration experiences of no small value.

L. U. LOMBARDI.

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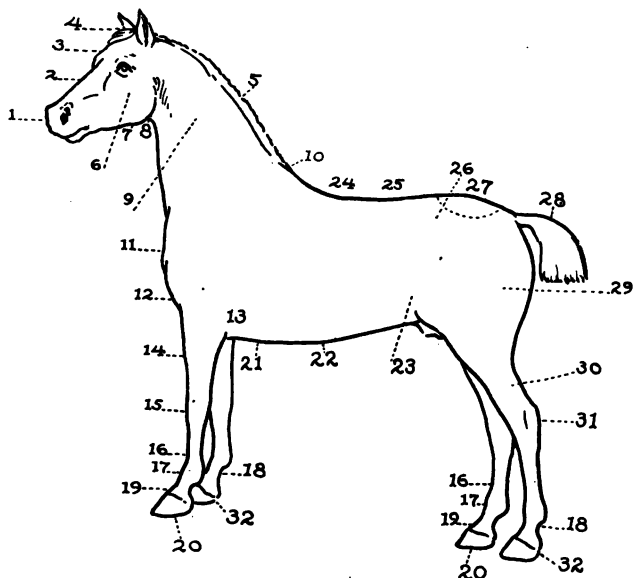
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POINTS OF THE HORSE.

1 is the muzzle; 2, the face; 3, forehead; 4, poll; 5, crest; 6, cheek; 7, lower jaw; 8, throat; 9, neck; 10 withers; 11, point of shoulder; 12, breast; 13, elbow; 14, forearm; 15, knee; 16, cannon or shank; 17, fetlock; 18, pastern; 19, coronet; 20, foot; 21, girth; 22, belly; 23, flank; 24, back; 25, loin; 26, haunch or hip; 27, croup; 28, dock; 29, thigh or quarter; 30, lower thigh or gaskin; 31, hock; 32, the heel. Obviously these points will apply in a general way to all horses. The only difference there may be is that in some they may be more readily discerned than in others.

BIPEDAL COMBINATION.

Two of the horse's legs, considered together form a biped, and in the bipedal combination of the four legs, six bipeds are to be found; viz., the *anterior biped*, composed of the two fore-legs; the *posterior biped*, composed of the two hind-legs; the *right lateral biped*, composed of the two right-legs (fore and hind); the *left lateral biped*, composed of the two left legs; the *right diagonal biped*, composed of the right fore-leg and the left hind-leg; and the *left diagonal biped*, composed of the left fore-leg and the right hind-leg.

CHAPTER I.

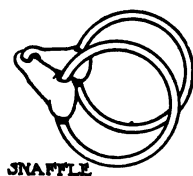
APPROACHING THE HORSE.

As a rule the horse should be approached from the left, but never surprised. He must not be frightened. Therefore we call him by name, and, if necessary, with a wave of the hand make him turn the croup to the other side. Then, looking at him fixedly in the eye, we draw nearer without hesitation and take him by the reins. It is advisable to caress him on the forehead and neck, to give him some lumps of sugar, and to say a few words in a low tone of voice.

CHAPTER II.

EQUIPMENT—BRIDLES AND SADDLES.

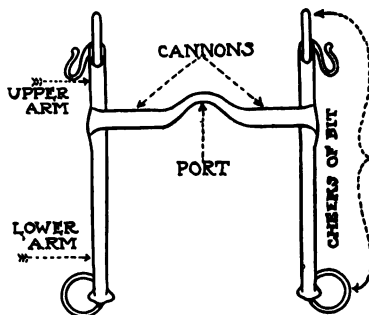
The Snaffle.—The snaffle lies without pressure in the corners of the mouth, upon which it acts.



SNAFFLE.

It is a simple cylindrical bar jointed in the middle, with rings at each end to which the reins are attached.

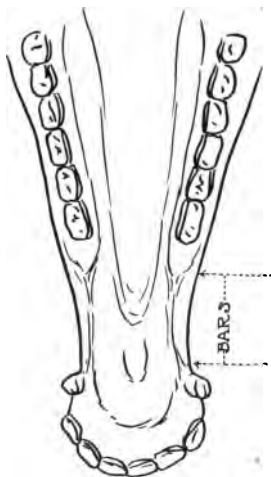
The Curb.—In order to better regulate a horse's



THE CURB.

movements one must control his head. To this end the *bars*, on account of their sensitiveness, are

considered the most suitable place upon which to act. The *bars* comprise that part of the gums of the lower jaw bare of teeth and lying between the tusks and the grinders. They form in the mouth the edge of the tongue groove. The least pressure brought to bear upon the *bars* causes the horse to feel a slightly painful sensation and compels him



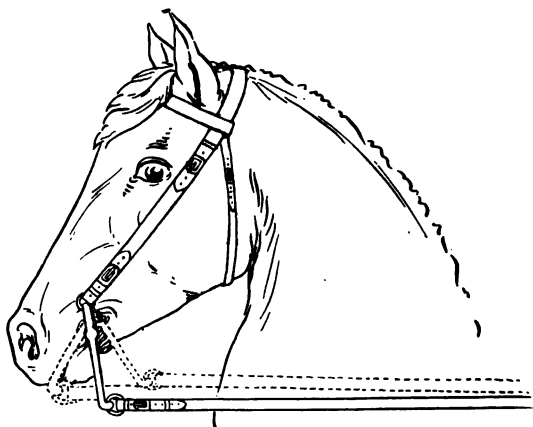
LOWER JAW.

to turn his head to the side upon which the pressure falls. The curb is a lever of the second order; the *pressure* (at the mouthpiece) is found between the *power* (at the rings of the lower arm of the cheeks of the bit) and the *fulcrum* (where the curb chain is fixed).

In pulling the reins the lower ends of the cheeks of the bit come closer to the front part of the neck,

and the cannons lie and turn upon the bars, until the upper ends of the cheeks of the bit, moving forward, cause the curbchain to extend around the under jaw. It is then that the cannons begin to press upon the bars.

This pressure compels the horse to draw the lower jaw toward the neck. If the action of the



THE BIT IN ACTION.

curb continues, he is compelled to yield his head in the direction of the reins, to bend the neck, and to shift the weight toward the center of gravity. Further pressure will compel him to shift the weight completely from the forehead to the hind-quarters, and consequently to stop or to draw back.

In order, then, to avoid a painful sensation, the horse yields to the action of the curb; but, to obtain this result, it is important that the sensation caused by the cannons upon the bars be stronger than that

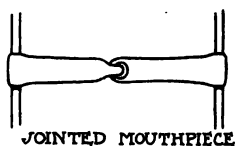
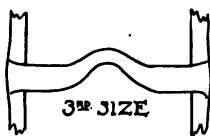
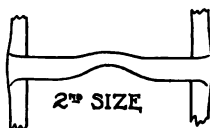
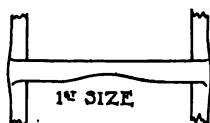
caused by the pressure of the curbchain upon the lower jaw, otherwise the horse will turn the head in the opposite direction of the reins.

The effect of the curb, greater than that of the snaffle, is therefore to better control the position of the head. Its action is much more effective when, in pulling, the reins form with the cheeks of the bit a right angle, while the cannons begin to press upon the bars; the farther away the reins are drawn from the cheeks of the bit, the less effective becomes the strength of the lever, and if they are made to act in a line with the cheeks of the bit, the lever is of no effect whatever. In order, then, to render the action of the curb efficacious, one must raise or lower the hand as the occasion may demand.

The Mouthpiece.—The mouthpiece consists of two round pieces of iron, called cannons, that couple and bend in the middle. It must lie upon the bars corresponding to the chin groove. The mouthpiece should scarcely stand outside of the horse's lips. If too wide, it will remove the cheeks of the bit from the mouth, and the curbchain, instead of holding the lower jaw completely, will fit in only a few places. On the other hand, if the mouthpiece be narrower than the width of the mouth, the cheeks of the bit will press upon the bars. The thinner the mouthpiece, the keener is its action felt.

There are three sizes of mouthpieces: 1st size, a mouthpiece slightly curved in the middle; it lies more on the tongue than on the bars. The curve of the mouthpiece is called *port*. 2d size, one with

a larger port than the first. The port holds the larger part of the tongue without restraint; this kind of mouthpiece lies on the bars and acts more upon them than upon the tongue. 3d size, one



VARIOUS SIZES OF THE MOUTHPIECE.

thinner and having a larger port than the second. The port holds the tongue freely and the cannons act only upon the bars. The width of the port must be the same as that of the tongue groove. If wider, the port will hold the bars also, and the effect of the curb is lost; if narrower, the port can

not hold the whole tongue, and therefore it becomes useless. The height of the port must be half its width or equal to it, if the horse has a large tongue. In any case the port must never touch the roof of the mouth, for if it does, it is useless. The port must bend a little forward to facilitate the insertion of the tongue.

Jointed Mouthpiece.—This differs from the others in that it is jointed like the snaffle. It is very useful in accustoming to the bit a young horse whose bars are sensitive.

Cheeks of Bit.—The cheeks of the bit are the two bars attached to the ends of the mouthpiece, with rings at both ends. The rings of the upper arms of the cheeks of the bit are attached to the cheekpieces of the headstall, while the rings of the lower arms are attached to the reins.

The effectiveness of the curb depends on the proportionate length of the cheeks of the bit.

Upper Arm.—The length of the upper arm of the cheeks of the bit is determined by the shape of the lower jaw and must correspond in length to the distance between the top of the bars and the chin groove; if shorter, the curb will slip, and if longer, the curbchain will not adhere to the groove.

Lower Arm.—The lower arm of the cheeks of the bit must be in proportion to the upper arm, usually double its length. If longer, the efficacy of the curb is increased, thus enabling the rider to control a horse that carries the head too high; if shorter, it will enable the rider to lift the head of the horse who carries it too low.

The curbchain.—A chain with fine and twisted links. It is fixed at one end to the eye of the upper arm of the right cheek of the bit, and the other end is hooked to the left. The curbchain girds the lower jaw, and is so constructed as to exercise a mild and uniform pressure upon the whole of it.

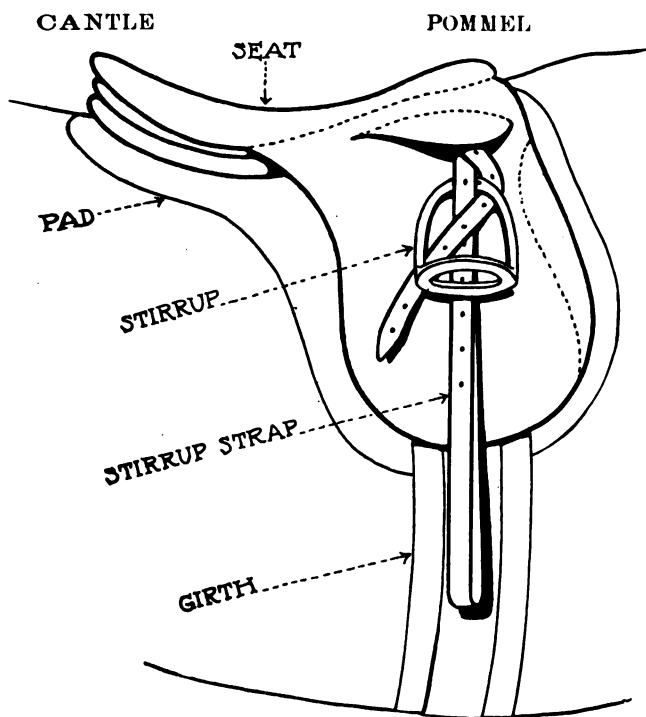
The breadth of the curbchain should be such as to prevent its slipping from the chin groove, for, if it slipped over the sharp edges of the lower jaw, it would cause a more painful sensation than the mouthpiece itself. Its length should be about once and a half that of the mouthpiece, so that after fastening it there should be two or three links hanging loose at the hook. The tighter the curbchain is fitted, the keener and the more intense becomes the action of the curb, but it should not fit so tightly as to increase the pressure upon the lower jaw and give a result other than the one desired.

Selection of the Mouthpiece.—The mouthpiece should be selected after an intelligent and accurate examination of the tongue and of the lower jaw of the horse. One must observe the size of the tongue, the groove in which it lies, the construction of the bars, and the width of the nose. The selection of the mouthpiece should be determined by the following conditions:

(a) When the tongue groove is spacious, the tongue slender, the bars high and sharp, and consequently more sensitive, the mouthpiece must be thick and straight like the first size described above.

(b) When the groove is narrow, the tongue large, the bars low, round and fleshy, and conse-

quently less sensitive, the mouthpiece must be thin and with a reasonable port, like the one described under second or third size.



THE SADDLE.

The Saddle.—After the horseman has made sure that the reins are well buckled to the rings of the snaffle and to the curb and that they are in good condition (for one can easily imagine to what in-

convenience the rider would be put if they should part suddenly while in the field and at a gallop), he will turn his attention to the saddle.

The saddle should rest neither too far forward nor too far back. The *pommel* should cover the withers in a position just clear of the shoulder blades, the rider taking care at this point that there be space enough left to insert two fingers between the pommel and the withers.

The *girth* falls perpendicularly around the body, about three inches back from the elbows. The horseman should run two fingers between the *girth* and the horse to see whether it be tight enough to prevent the saddle from slipping; but care should be taken that it be not so tight as to interfere with the horse's breathing. The length of the stirrup will be about the distance from the tip of the fingers to the arm-pit, when the arm is held straight, but should be exactly adjusted when mounted.

CHAPTER III.

TO MOUNT.

STANDING on the horse's left side, take the curb reins in the left hand, dividing them with the third



READY TO MOUNT.

finger, and with the same hand grasp the mane's thickest part close to the withers. Insert the left foot half-way in the stirrup without touching the horse's side with the toe; for that purpose bend the knee until it comes in as close contact as possi-

ble to the saddle, balancing yourself on the right foot, grasp the cantle with the right hand and rise in the stirrup until straightened on the left leg, and then remaining for an instant in that position, throw the weight of the body upon the left arm,



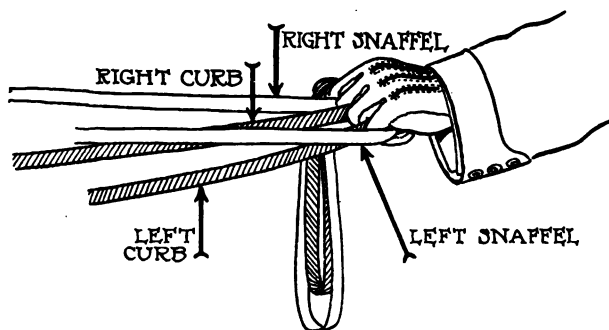
MOUNTING.

and letting go the cantle, bring the right hand to the right side of the pommel while the right leg is swung, knee naturally bent, over the croup without touching it. Sink lightly into the saddle, insert the right foot in the stirrup, and sit in a riding position.

CHAPTER IV.

HOW TO HOLD THE REINS.

In the Left Hand.—The curb reins divided by the third finger, the right snaffle rein between the forefinger and the middle finger, the left under the little finger; then all four reins through the hand secured by the thumb. The hand thus clasped is held with finger tips downward; it follows the



FOUR REINS IN THE LEFT HAND.

natural direction of the forearm, and is held close to the withers.

Double Reins in Both Hands.—This is the best way of holding the reins, for it may truly be said that two hands can do more than one. The right rein of the curb passes between the third finger and the middle finger of the right hand, and that of the snaffle passes between the little finger and the third

finger. The reins are turned in such a way as to allow the inside to touch the horse's neck. They should exercise a very light tension upon the mouth, the curb reins being less extended than those of the snaffle. The ends of the reins fall on the right shoulder of the horse.

CHAPTER V.

TO DISMOUNT.

WHEN the horse has come to a stop, take the reins in the left hand, grip the mane with the same, lay it on the neck, catch the right side of the pommel with the right hand and take the right foot out of the stirrup. Holding the body upon the arms, and lifting the seat somewhat, swing the right leg over the croup, without touching it, and bring it near the left. At the same time, place the right hand on the cantle, supporting the weight of the body for a moment with straight knees. Withdraw the right hand from the saddle, bending the left leg, at the same time, turning a little to the right with the left foot still in the stirrup, alight on the ground with the right foot, remove the left foot from the stirrup and bring it close to the right.

CHAPTER VI.

POSITION ON HORSEBACK.

Two elements constitute the position—they are the power of one part over the other, and the fitness and suppleness.



POSITION ON HORSEBACK.

This suppleness is also necessary in the attitude of power.

The body, straight and supple, must be in perfect harmony with the horse and follow all its

movements. From this harmony comes equilibrium.

Equilibrium is the condition of the whole body oscillating upon its base. Now, the base of the rider being the seat, it must follow the movements of the horse, because displaced, the equilibrium will be lost and with that the holding (attitude), consequently rendering the power of directing impossible.

The body forms a straight line from where the seat is the base; the perpendicular is necessarily the normal position.

This body, in its relation to that of the horse, thus operates under the same conditions as a perpendicular bar fastened to a moving pin upon another transverse base, forming a cross.

The suppleness and the power thus constitute the strength on the horse.

Between a rider who can easily follow with the moves of the horse, and he who can not, there is the same difference as between a wagon on good springs and a car placed on the axle-tree.

Sit comfortably in the saddle, bearing the weight of the body evenly upon the buttocks. The inner sides of the thighs should grasp the flaps of the saddle; the knees should be kept close and firm in order to get a sufficient hold; the more the knees are turned in, the greater the pressure taken by the bony inner prominences of the joints.

The legs, from the knee down, should fall naturally rather back of the perpendicular, and from the knee to the hip should form an angle of 45° with the surface upon which the horse moves. The

foot should be kept almost parallel with the body of the horse, and inserted in the stirrup as far as the ball of the foot, and the heel lower than the toe. (When at a gallop or clearing obstacles, the feet should be inserted in the stirrups as far as the insteps.)

The body and head must be held erect and square to the front, leaning neither backward nor forward, the shoulders well thrown back, the chest advanced, and the loins forward. The arms down to the elbow should be carried close to the sides somewhat extended forward. The whole should be done without stiffness.

The wrists should be flexible; the clasped hands close to each other, holding the reins near the withers, should follow the natural direction of the forearm in a position that brings the thumbs closer to each other than the middle fingers.

CHAPTER VII.

HINTS ON HORSEMANSHIP FOR LADIES.

To Mount.—Approach the horse as directed in the first chapter, and be sure that the horse is well saddled and bridled. Stand to the left of the horse with the right shoulder near him; place the right hand, holding the reins, on the second pommel and the left on the attendant's shoulder. The attendant should stand near the left shoulder of the horse, facing the rider and stooping forward with the hands clasped, palms upward. Bend the knees and place the left foot on the attendant's hands; then, poising yourself on the right foot, rise upon the left knee, the attendant rising also. Turn a little to the left, and bearing the weight a little more upon the arms, leap into the saddle and place the right knee over the second pommel. This leg from the knee down, lying flat on the front of the saddle to the left, hangs a little outward, so that the foot may be kept almost parallel with the horse's side. The left foot is inserted in the stirrup as far as the ball, the length of which usually should be such as to allow the upper part of the knee to rest the width of about two or three fingers under the first pommel, or more if the rider has a long thigh, while the knee is bent and the lower part of the leg falls perpendicularly. All that concerns the position of the legs for men ap-

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plies also to the left leg for ladies. The attendant will arrange the skirt, so that it will hang properly,



BACK VIEW.

Madame Marantette, the celebrated horsewoman, showing the correct seat.

and the lady will take up the reins following the directions that have been given for men.

The lady's position on horseback does not enable her to guide fittingly the hind-quarters of the



FRONT VIEW.

horse. She lacks the help of the right leg which lies inert and serves only as a support to maintain the equilibrium of the body which different gaits

may require. Therefore it is advisable to always carry a whip in the right hand, which will partially take the place of the right leg.

For that purpose the lady should be well accustomed to holding the four reins in the left hand,



SIDE VIEW.

to be helped by the right hand soon after the latter has exercised the aid necessary. That is, in the movements, the action of the hands is a consequence of the action of the legs.

The head should be held erect, the body straight, the shoulders thrown back and the loins forward.

The elbows should be kept close to the sides, the hands holding the reins should lie almost on the right leg. It is important that the shoulders be on the same line, for being obliged to have the right leg hanging to the left side of the horse, consequently the right shoulder is liable to turn in that direction. Careful attention should be paid to this, especially in the first lessons. Never allow one shoulder to be farther forward than the other, especially when in a trot. To overcome this tendency, it is advisable in the beginning to hold the reins in the left hand, and to let the right hand either hang naturally or to rest on the right side, elbow thrown back.

The Seat.—The lady's seat on the saddle should be such as to place her hips and shoulders in a right angle position to the horse's spine, and the back view should show her vertical spine line to fall perpendicular on the horizontal spine line of the horse.

The lady's position on horseback is much facilitated by the fitness of the saddle to her size and conformation.

In the rising trot, bouncing on the saddle and falling heavily on the horse's back must be avoided; she should raise and lower herself in harmony with the strides of the horse. In doing so the weight of the body should be equally distributed over the right knee and the left foot in the stirrup, the springing motion should originate entirely from the regions about the lady's hips.

The swinging of the lower part of the legs must

be avoided, that is, the right knee and from the knees down should be kept immovable. It often happens that the beginner, in order to get a firmer grip, leans the body forward and sits too far to the right with too short a stirrup, and then leans over to the left with the head and shoulders, in order to be able to raise. Such false poise is taken sometimes by the novice in order to control her body in attempting to raise by exerting herself, instead of entering into the motion of the horse with ease.

In the gallop she will second the horse's movements with the seat on the saddle, overcoming the backward motion by elasticity in the loins.

The Grip.—The grip is exercised by the inner and upper part of the left knee pressing the flap under the first pommel of the saddle which contrasts with the pressure of the right knee bended over the second pommel; this will be made more effective by raising the right toe, and drawing the legs back slightly from the knees down, and lowering the left toe somewhat.

Dismounting.—Bring the horse to a stop; take the left foot out of the stirrup, remove the straps of the skirt from the feet, swing the right leg over the pommel and bring it close to the left leg; placing the right hand holding the reins on the pommel, and the left in the right hand of the attendant, drop to the ground lightly, bending the knees.

All the directions in this manual for men are equally applicable to ladies, so long as the whip is made to take the place of the right leg against the right side of the horse.

CHAPTER VIII.

LESSONS IN RIDING.

Support of the Mouth.—The hand must exert a light support upon the mouth of the horse, in order to hold him in obedience and in equilibrium. This support must be proportionate to the sensitiveness of the mouth and to the gait. "Frank Sherman Peer," in his book entitled, "Cross Country with Horse and Hound," says: "If a person is sensitive enough of touch and will allow his wrists to give and take to the oscillation of the horse's head motion, he will be able to keep on the bit that most desirable, even, steady pressure that best suits a horse and gives to the rider the invaluable distinction of possessing a good hand." A good hand must be *firm, light, and flexible*; its action upon the horse's mouth must be exercised gradually and without sudden jerks. When the horse stiffens under the hand, it is advisable to freshen his mouth by light pulls and successive yieldings of the reins, and to invite him to champ the bit.

To Stop.—To bring the horse to a stop, the rider will pull the reins evenly and gradually toward his body, pressing the legs closer to the horse, without throwing them forward, until the horse has come to a stop.

To Yield.—In order to yield, loosen both reins

gradually and evenly with a motion which is the opposite of the one made in bringing the horse to a stop.

Turning.—To turn to the right or to the left, the reins on the side to which the change of direction is to be made will be drawn toward the rider's body, while the opposite reins will be yielded proportionately to the pull. Care should be taken not to turn in a right angle, but by advancing gradually in a circular line.

Aid of the Legs.—Without loosening the grasp of the knees or lifting them, press the horse's body with the inner side of the calves in proportion to the sensibility of the horse. If necessary, this movement will be repeated by drawing the legs apart and closing them again with greater pressure.

If the two legs act together and with equal strength, the horse advances in a straight line; if one leg alone acts, the horse will move the hind-quarters to the opposite side from the pressure and proceed obliquely. The action of the legs, together with that of the hands, commands the attention of the horse, and predisposes him to the movements.

Aid of the Spur.—The aid of the legs is not always sufficient in the case of horses lacking energy. It is then that we recur to the aid of the spur, which must be applied back of the girth, with separate strokes and with a strength proportionate to the horse's sensibility.

Action of the Rider's Weight.—The rider's body must be flexible, in order that he may hold him-

self always in the right equilibrium, ready to second the horse's movements. When stopping, if necessary, the rider must lean backward; in rapid gaits and while clearing obstacles he must lean forward.

In the *volte*, in order to invite the horse to the movement and facilitate it, the body must lean in the direction in which the *volte* is made.

CHAPTER IX.

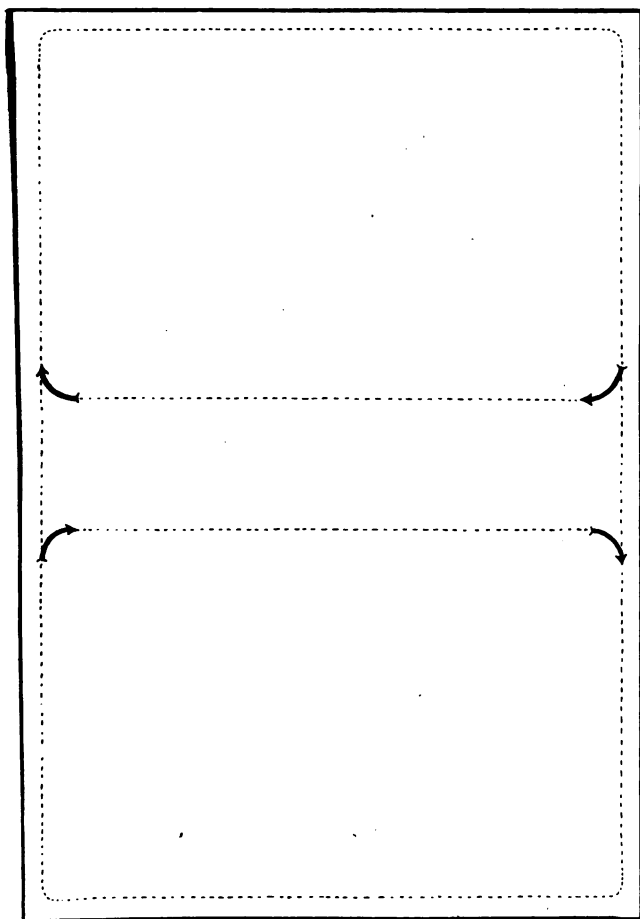
INSTRUCTION IN THE SCHOOL BY INDIVIDUAL MOVEMENTS.

The Walk.—To take the walk, sit properly in the saddle, close the legs against the girth, lower



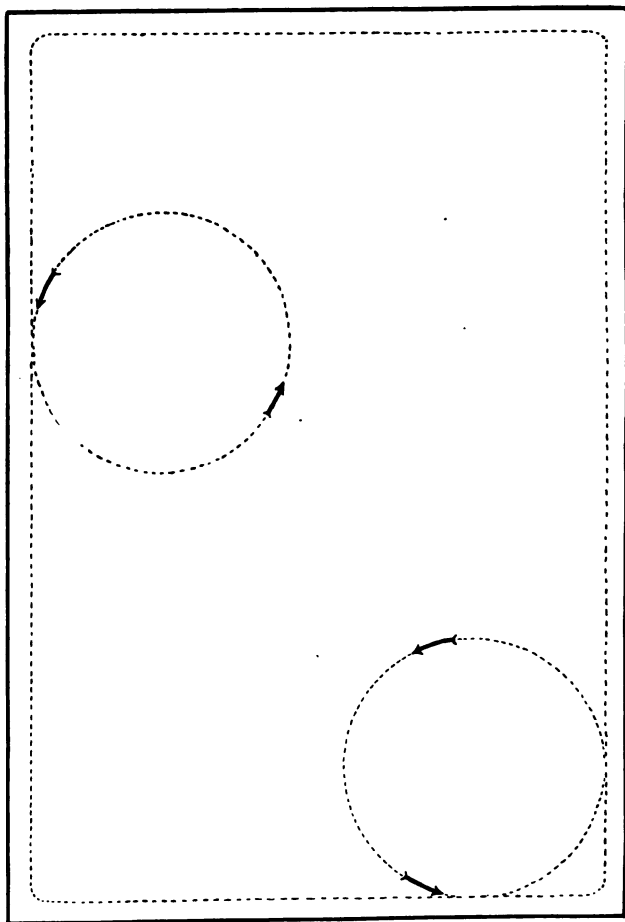
THE WALK.

the hands evenly, always keeping a contact with the horse's mouth. The rider should show no signs of stiffness during the walk.



HALF SCHOOL.

Half School.—Before arriving at the middle of the long side of the ring the rider will make a right



THE VOLTE.

or left turn according to the hand he is riding, and go straight across the ring to the opposite

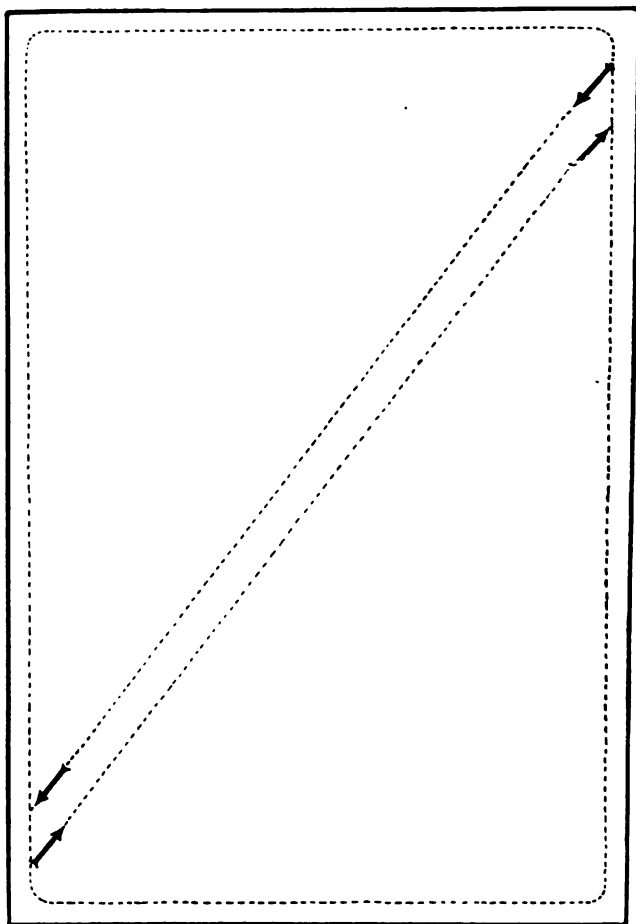
side without changing hand. In these turns, leaving and re-entering the path, will cover a quarter of a circle, four steps in diameter, and will require three steps of the horse; during the turn the rider, while employing the means mentioned above in guiding the fore-legs of the horse, will hold the hind-quarters by the pressure of the legs, and, if necessary, will use them as a help by shifting the outer leg further back. Riding to the right or left hand is determined by the position of the right or left side of the rider, namely, whether his right or left side is turned toward the center of the ring, and also by the directions he takes in turning. The inner reins, hand, and leg are those that face the center of the ring, the outer ones face the opposite side.

The Volte.—The rider will trace a circle and will return into the path at the very same point he left it, following in the same hand.

Changes of Hand—Diagonal Change.—The rider will leave the path three steps past the second angle of the short side of the ring, taking a straight course to a point six steps before the opposite diagonal angle where he will re-enter in the path changing hand.

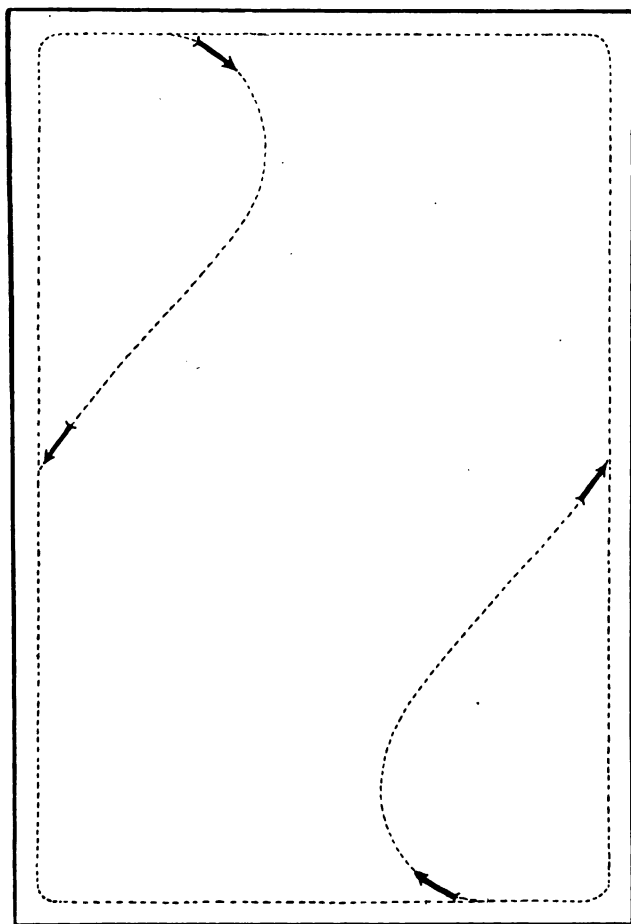
Half Volte.—There are two ways to execute it, the one when the rider is on the short side of the ring; he will leave the path when at the middle of it, turning toward the center of the long side of the ring just passed, where he will re-enter in the path, changing hand.

The other while the rider is on the long side of



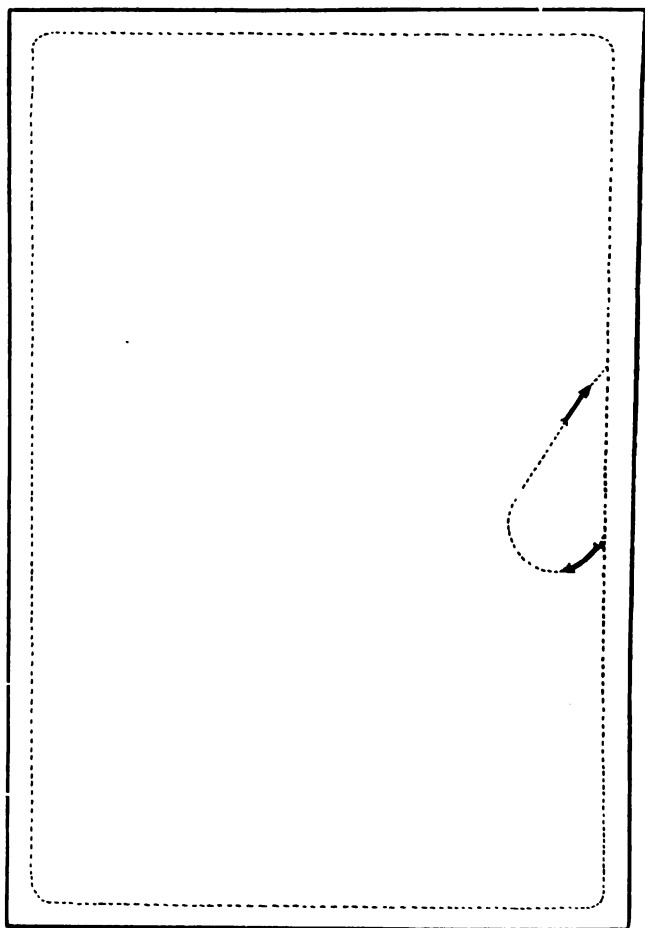
DIAGONAL CHANGE.

the ring; he will trace a half circle of about six steps in diameter; then he will take a diagonal di-



HALF VOLTE FROM THE SHORT SIDE OF THE RING.

rection in order to re-enter the path just passed,
changing hand.

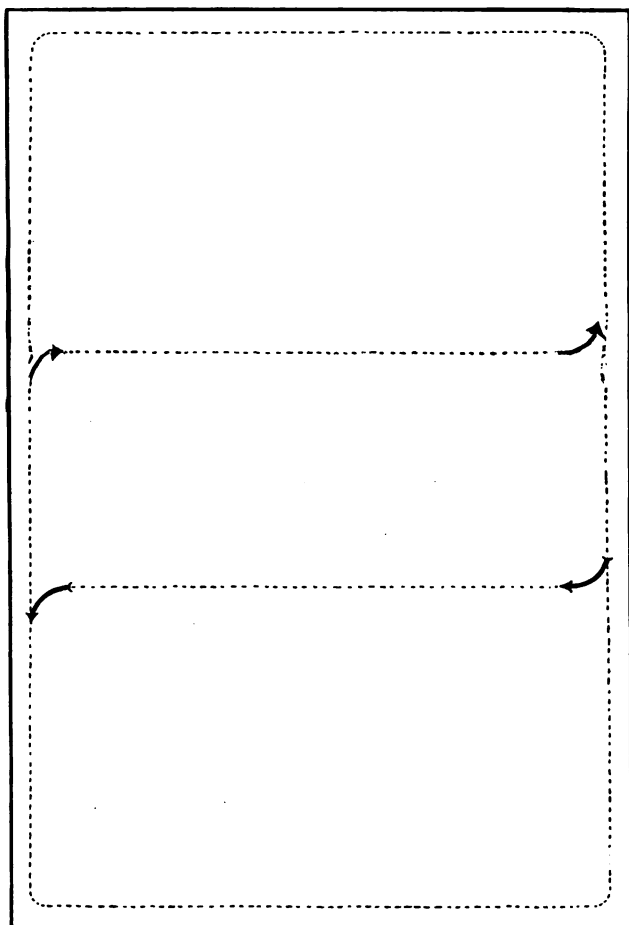


HALF VOLTE ON THE LONG SIDE OF THE RING.

Transversal Change.—Just after having passed the middle of the long side of the ring, the rider

TRANSVERSAL CHANGE.

will make an inner turn and go straight across to the other side as in the half school, only



that he reaches the path, changing hand. Care should be taken while crossing the ring during the execution of such movements to go straight across to the point to be reached; and for that purpose the rider, when taking the direction, has to follow an imaginary line, passing over other points intermediate between him and the point to be reached. He should be careful in these movements when meeting another rider to keep to the right, if he were riding on the right hand before leaving the path, and to the left if he were riding on the left hand.

The Trot.—The rider resuming a better seat in the saddle and without altering the correct position, will animate the horse by the aid of the legs until he feels the impulsion of the group ready to start, then yielding the reins gently, will obtain the trot. In trotting, the horse lifts the two extremities diagonally in double time, and the rider should not sink into the saddle at each beat, but should avoid every other one in order not to fatigue both the horse and himself. When the rider is lifted by the first action of the horse, he should second that movement by inclining the body a little forward; he should keep the knees close against the saddle, the legs straight, and should rise a little upon the stirrups, lifting the seat proportionately to the motion of the horse. Instead of sinking into the saddle at the second beat, he should sustain himself upon the stirrups and take his seat gently when the horse passes to the other pair of diagonal legs.

In learning to post in the trot it is advantageous for the pupil to imitate the instructor. The aid of the legs in rising at the trot comes into play the moment the rider is sitting in the saddle, for at that time it is easier to apply the legs. All the movements executed in the walk will be repeated in the trot.

The Gallop.—In order that the horse may be made to start quickly into a gallop from a trot, the rider should increase the action of the legs, yielding at the same time his hands, so that the horse may be free to take the first leap of the gallop.

In this gait the rider holds the hands low, the loins forward and flexible in order to enable the seat to follow the motion of the horse.

Practice in the gallop, reasonably prolonged, will give the rider the right poise, confidence, and union with the horse.

To bring the horse to a walk from the gallop, the rider should pull gradually and with increasing tension until the horse has taken the desired gait. Care should be taken when augmenting or diminishing a gait, to follow the progression of walk, trot, gallop, and *vice versa*.

The Half-Stop.—This is a simultaneous and united action of hands and legs to lift or hold the fore hand of the horse, while urging the hind-quarters forward. It is employed to put the horse back in equilibrium when he leans too much upon the hand and to bring him back to the pace of the gait which he is trying to hurry; also to diminish the pace somewhat.

The Complete Stop.—This stops the horse from any gait, and holds him straight with both extremities perpendicular. It differs from the half-stop in that the action of the hands is more prolonged and that of the legs more effective. The leaning back of the body must facilitate the action of the hands and legs, and must be proportionate to the gait.

This stop can be repeated with increasing strength, until the aim is reached; afterward, it is necessary to yield gradually and to stop the pressure of the legs.

To Rein Back.—First bring the horse to a stop, if in action; then draw the reins with lowered hands and with an even and increasing tension, until the horse obeys. As soon as he has stepped backward, loosen the hold on the reins without hesitation, and repeat the replacing and loosening of the hands in a way that the horse may rein back calmly.

The legs second the movement of the hands by supporting the croup in a straight line, ready to correct any deviation and to prevent a rapid movement.

The rider must be able to stop and start forward at any moment.

This movement should be practiced very seldom, and only for a few steps.

CHAPTER X.

EXERCISES TO OVERCOME THE STIFFNESS OF THE RIDER.

WHEN the pupil has gained sufficient equilibrium both in the walk and in the trot, the instructor



HANDS AT THE SIDES.

will give him a drill in relaxation so that he may acquire greater freedom.

After the pupil has advanced in the trot for a length of time, the instructor takes the reins of the pupil's horse and makes him go through the following drill, first at the walk, and then at the trot.

Hands at the Sides.—Place the hands at the sides, thumbs backward, and the elbows as far back as possible. The instructor will explain how this position is most suitable to give the pupil square shoulders, and great freedom if done trotting



ARMS EXTENDED UPWARD.

close to the saddle, maintaining the proper position of the legs without the feet in the stirrups.

Arms Extended Upward.—Without altering the position of the body, extend the arms vertically upward, being careful to keep the shoulders low and well back.

Rotation of the Arms.—Rotate the arms with

freedom both forward and backward, beginning with one arm at a time in order to facilitate the movement.

Exercise of the Body.—In leaning forward, the rider should stroke the horse from shoulder to



ROTATION OF THE ARMS.

forearm, raising the seat as little as possible from the saddle. In backward movements which consist in turning the body to the right or to the left, the rider should pat the horse on the hips and croup, and should look in the direction to which he has turned. During the movements the knees should be kept in the correct position.

Lying on the Back.—Without thrusting the legs forward or moving the knees, lean back, looking upward, until you reach the croup of the horse with the shoulders. This exercise will be executed first when at a stop and then in the walk.



LYING ON THE BACK.

EXERCISES FOR THE LEGS.

Right or Left Leg Forward.—Remove the foot from the stirrup; then without moving the knee from the saddle, stretch the lower part of the leg in a line with the thigh, and lower the toe. Go through this movement three or four times.

Right or Left Leg Backward.—Without moving

the knee, bend the leg and bring the heel as near as possible to the buttock, then lower it again. This movement also should be repeated several times.

Right or Left Thigh Backward.—Move the thigh



LEFT THIGH BACKWARD.

laterally from the saddle and turn it flat; move the leg back and bring it lightly near the saddle again, pressing the flap of the saddle with the thigh by an inward and forward movement; replace the thigh in position leaving its internal muscular mass back. This movement serves to make room for the saddle between the thighs, and there-

fore one obtains a firmer grip of the knees which facilitates a good seat.

These leg movements are practiced first with one leg at a time, and then with both legs simultaneously.

CHAPTER XI.

GENERAL REMARKS FOR INSTRUCTORS AND PUPILS.

THE instructor should often ask the pupils to bend the body forward and to pat the horse on the inner shoulder, in order that they may soon obtain the grip of the knees and thighs.

He should advise the pupils never to grip the horse with the calves of the legs, and they should be made to understand, especially by example, that they should keep the foot parallel to the horse, with heel low, in order to facilitate the position of the knee and thigh.

The instructor's teaching must be easy, intelligible, without monotony, and a source of pleasure for his pupils. It should aim to form the spirit of the rider, without causing him annoyance and unpleasant impressions which come from unrealized fatigue and from falls generally injurious to the body and always demoralizing.

It is evident that such a method of instruction, in order to give the desired results, requires not only an unquestionable ability on the part of the instructor, but also a true love for the horse and the profession. The realization that at every step the pupil shows signs of progress, should be a compensation to render the instructor's task interesting.

The course of teaching should be a continual

succession of warnings, advice, approval, corrections, and continual examples given at the proper time and place and to each pupil individually. The instructor should ascertain each time by means of questions that everything has been clearly understood. It is to be noted that such a method of instruction, in so far as it treats of the mechanical side of the rider, should be perfectly harmonious with the instruction of the horse. Better results will be obtained if both instructions are followed progressively and simultaneously. Neither horse nor rider will lose confidence, because they will not be aware of the difficulties surmounted.

The aim should be to send out riders who are no longer anxious concerning the horse they ride, but who are rather in high spirits because of the faith and confidence the animal has inspired in them.

It is only individual teaching that can produce this confidence. As a rule, individual teaching at the pleasure of the pupil is to be preferred. Class work at the pleasure of the instructor should be considered an exception to effective teaching.

When the desired confidence has been obtained in the trot, the pupil should be told to start on the gallop, using for this purpose a small whip with which it is advisable to be provided.

The rider should often be warned to keep the body flexible and ready to second the horse's movements, the loins thrown forward, the shoulders back, and the head erect and loose. The arms should be slightly extended, the elbows close to

the body, so that the hands may fall clasped and close to each other, with the finger-tips turned sideways toward the withers. The wrists should be thrown rather forward than back and above all kept loose. The thighs should lie forward obliquely and the knees should be kept close and flexible in order not to support one's self upon the stirrups; the legs from the knee down should fall rather back of the perpendicular, and the heels should be kept somewhat lower than the toes.

To show the pupil what is desired, it is important that the instructor, on horseback, should assume an absolutely correct position.

In order to overcome stiffness and to prevent the rider from getting into a harmful habit of fixing his glance upon the horse's ears, the instructor should ask the pupil to look at various objects at any moment, in order to accustom him to feel by the hand when the horse needs to change equilibrium. The hand will never fail him, but the eye often deceives.

The pupil will be made to understand that the enemies of a mounted horse are the pain produced in the mouth by the iron, the weight of the rider who does not spare the loins, the absolute weight of the man, and the spurs.

It should be demonstrated that the rider who seeks to keep his equilibrium by supporting himself upon the mouth by the reins, antagonizes the horse's disposition and fatigues him physically. Hence the importance of the poise upon knees and

thighs, which enables the horse to carry the rider's weight with much less fatigue.

Never ask the rider to keep his hands motionless; make him understand rather how important it is to conform with the horse's mouth, that is, to hold a constant light support, seconding with the hand all the changes of position which the horse's head naturally makes in the various gaits and especially in the gallop. To obtain this result, it is necessary that the shoulders, elbows, and wrists be flexible; then, even the horse *hard of mouth*, will not pull.

In riding, the following directions should be well understood:

1. At every corner of the ring, bring the reins into play in order to make the horse enter it, considering the corner as an outward turn.

2. Whenever the rider finds himself following another rider at the same gait and cadence, and at a distance of less than four or five steps, he will adjust the distance by going more or less into the next corner of the ring, thus preventing himself from getting too close to the rider in front of him. (By *distance* is meant the space between the tail of one horse and the head of the next in file.)

3. Bring the horse to a stop often.

4. Make changes of gait in the trot and in the gallop.

No exact rules can be given for the starting of a horse in the various gaits. It is an instinct which develops gradually, so that at times we may al-

most say that there is only need to think of a certain gait and it is obtained. Therefore let the pupil **t**ry by himself. Help and correct him only when **i**t is necessary.

At the beginning the instructor should never speak of the correct lead in the gallop, but later, as a matter of fact, it will be shown that almost all horses properly ridden will take the correct gallop in the ring, by a natural equilibrium.

When the pupil has learned the trot, always on the inner diagonal legs (with a horse of sound legs), he will be made to see how this facilitates the gallop with the inside leads. The rider should be warned at the very beginning that on starting into a gallop he should not look at the inner shoulder of the horse.

The horse should be aided without roughness; follow the necessary progression, proportioning the aids to the sensibility of the horse, and avoiding a stiff hand.

Care should be taken when pulling upon the reins, with nervous horses, to relax all the muscles of the body, and to especially avoid extending the legs forward to seek support upon the stirrups.

When the rider no longer antagonizes the horse in his gait, and the latter proceeds calmly with the neck stretched parallel to the ground, watching where he places his feet, then it is time to undertake successfully the work in the uneven field.

In field riding, the example of the instructor is of great importance in showing the correct position, inspiring calm and confidence while facing

obstacles, and above all in showing the good effect which is obtained by yielding with the hands thrown forward to the extent required by the horse's movements.

CHAPTER XII.

LEAPING OVER OBSTACLES.

THE exercise of clearing obstacles must be reserved for horses who have some aptitude for it, and who have been previously trained for the pur-



VARIOUS STAGES IN THE JUMP SHOWN BY
"MME. MARANTETTE."

pose. This exercise tends to instil self-reliance in the rider and generally in the horse, and is of great advantage in the field.

The leap does not cause the horse an effort contrary to his natural aptitude; we can accustom

him to take it with the same calmness and spontaneity with which we accustom him to a long-continued gallop, and without any injury to his physical welfare.

Rational and progressive practice will lead easily to success, without the employment of aids or other means. It is important, however, that the person who breaks in the horse, should neither



cause him harm nor antagonize him in his equilibriums and forces.

To this end it is necessary, above all, to follow a rational progression. Having chosen the horse that you wish to drill in this exercise, begin by crossing over the barrier on the ground, then raise it a little and let him walk and trot over, crossing (and not jumping) one foot after the other, in or-

der to acquire confidence. Then progressively make him clear obstacles of little consequence as to size and the impression they can make. As long as the horse does not refuse them the size of the obstacle may be increased both in height and breadth; but as soon as one notices a failure of his courage, the size of the obstacle should be decreased, and the increasing progression be taken up later.



The obstacles employed must be somewhat solid; however, it is not necessary or advisable that they be too much so, for the pain caused by falling or knocking against them may annoy and discourage him completely. The horse must be encouraged to jump through confidence in the rider, rather than from fear caused by pain from the compulsory aids. This confidence and willingness to obey on

the part of the horse prevents him from fearing pain and opposition on the part of the rider.

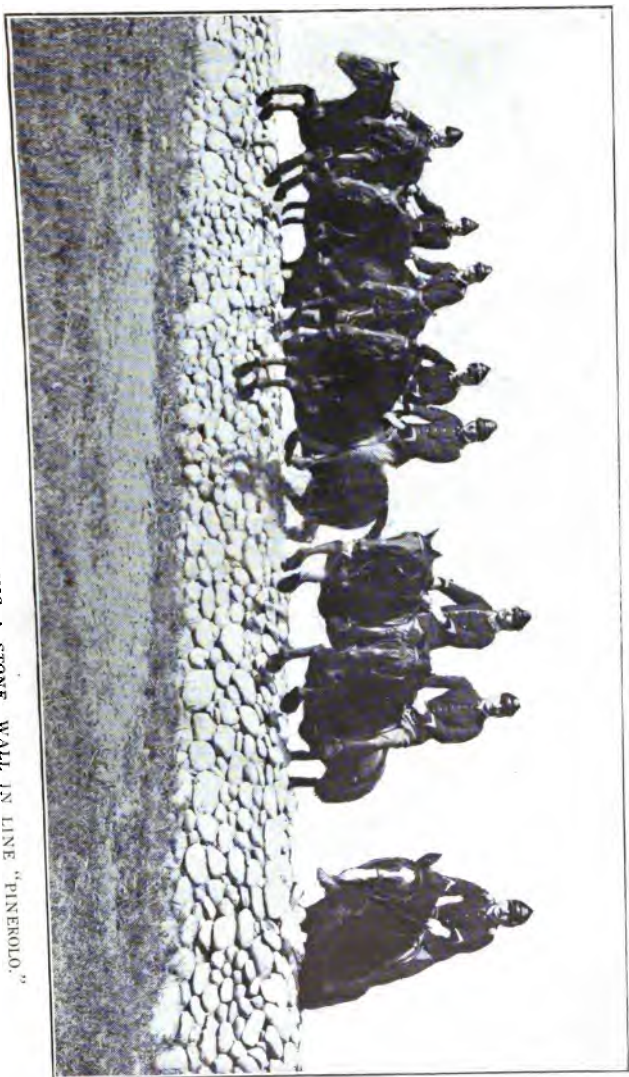
The fixed rule is to ride the horse straight to the obstacle, holding the reins divided in both hands. Guide the horse with the snaffle, and keep an even support. The rider should feel the horse's mouth gently, the hands low and firm over the withers. Start the horse gradually in the desired



gait and hold him straight without moving the hands sideways. If he tries to turn to the left, pull the right rein and use the aid of the right leg; go through the same action with the left rein and left leg if he tries to turn to the right.

When the horse approaches the obstacle, yield the hands a little in order to allow him to stretch his neck and watch the obstacle. Do not diminish,

FROM THE LEFT, TUMPLING A STONE WALL IN LINE "PINEROLO."



however, the support of the mouth. Hold the body firm and avoid a too great pressure of the calves of the legs. Do not hold the heels close for the sake of the equilibrium of the rider.

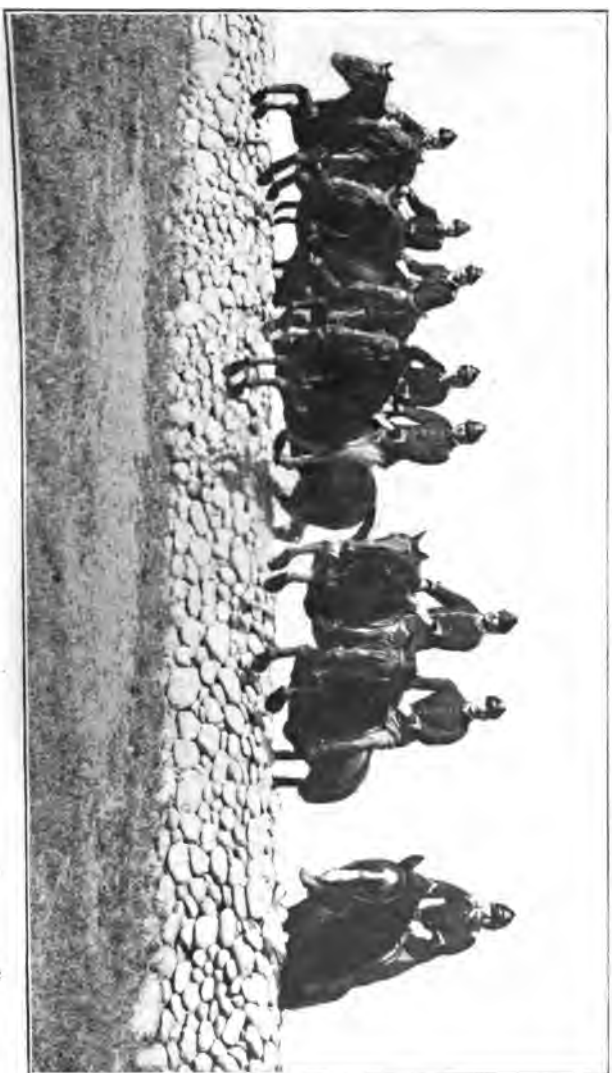
As soon as the horse has left the ground with the hind legs, extend the hands as much as possible toward the horse's shoulders, in order that he



THE AUTHOR'S JUMPING SEAT.

Photo taken in "Media" estate of Mr. Fox, optician of Philadelphia.

may stretch his neck still more and shift his own equilibrium forward. To facilitate this second yielding while the horse is in the air, it is convenient to throw the body a little forward, but the knees must be kept always firm and close to the flaps of the saddle, as if they were the pivot of the



ARRIVED FROM THE LEFT, JUMPING A STONE WALL IN LINE "PINEROLO."



"DETROIT CAVALRY."

The author on the left—over the fence in column of two.

by using one leg and the corresponding rein above.

The aid of the leg may also be effectively applied before reaching the obstacle, so that the horse may not slacken the gait and diminish the impetus. Generally the horse must acquire willingness by practice; therefore a horse may be considered well-trained only when he is in no need of aids either before the leap and in the act of taking it.

The horse must also acquire the *eye* and the *style* required in the leap, that is to say, he must be able to choose opportunely and with precision the *impeto* of the leap and then take it with ease, freedom, and willingness.

We make the horse acquire these qualities by practice and progression, thus making him overcome his repugnance for the obstacle by patience and persuasive manners.

Begin with obstacles of very small size, and always allow the horse full freedom to watch them, inciting him with no aids, so that the leap may be natural and spontaneous. Do not raise the obstacle unless the preceding leap has been well taken.

This course must be followed by the rider, if he wishes to become proficient in leaping obstacles of considerable size. He must by a rational progression accustom himself to second the horse and not to lift him during the leap. He must not pass to a greater obstacle until the horse has cleared a smaller one correctly.

As the extension of the neck and head is for the horse the most important movement in good leap-

ing, so the thrusting out of the hands in the direction of the shoulders, and the yielding of the reins to permit the horse such movement, is for the rider the most important action for the safety of his poise.

The obstacle, once cleared, both rider and horse resume the equilibrium, support, and gait which they had before starting the leap.

In drilling a horse for the leap, if the ground



THE AUTHOR'S JUMPING SEAT.

does not offer sufficient room to allow him to proceed for a certain space in a direct line, we should not make him turn always to the same side. This would make him fall into a habit of deviating after and also during the leap.

At the end of each lesson the horse should be made to jump over an obstacle of medium height



A PINEROLO PUPIL DESCENDING A STEEP DECLIVITY.

riderless; then give him some lumps of sugar or oats as a reward.

CHAPTER XIII.

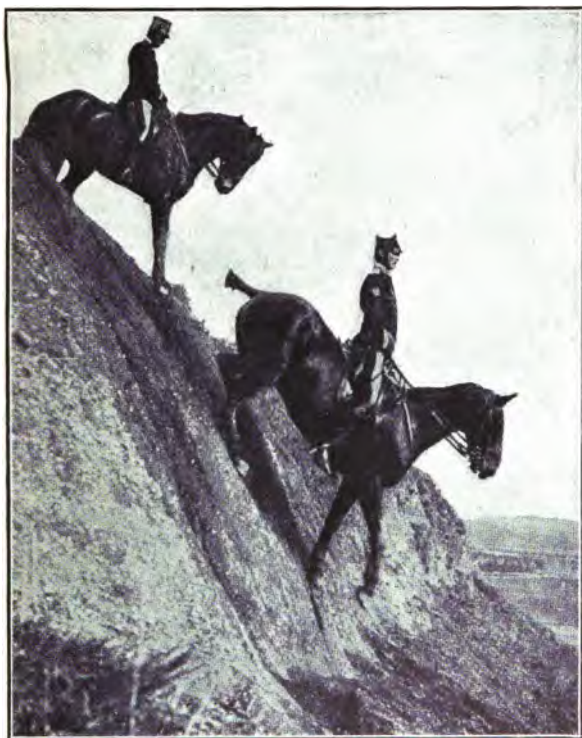
GOING UP AND DOWN HILL.

If the declivity is steep, let the horse go straight down at a walk. When near the declivity, the horse extends the neck and lowers the head, so that he may be better able to watch and to bring his hind-legs under the center of gravity. If the horse is hostile to this movement, it nearly always happens that he either refuses or rushes down furiously. It is therefore very important that the rider let him alone and follow passively the movement of extension by thrusting the hands forward without moving them sideways. Hold the body firm and straight; if necessary, urge him on with the legs at the proper time and with an increasing pressure of the calves until the horse has started the descent; it is then that the rider will lean backward as the descent may require. Care should be taken to prevent the horse from going obliquely or from turning back; both actions would prove dangerous.

Steep ascents should also be surmounted in a straight line. It is well to attempt them at a moderate pace, especially when long, so that the horse may not use up at the start the strength which he will need most toward the finish. When they are short and very steep, it is better to attempt them

at a resolute pace, for then the horse joins muscular strength to those of impulse and impetus.

When approaching an ascent, the rider will lower



STRAIGHT DOWN.

and thrust forward his hands, so that the horse, by extending head and neck, may be able to bring the center of gravity forward.

While going up, the rider will lean forward, and

if necessary will catch hold of the mane with one hand.

If the horse is unwilling to advance, urge him on vigorously with the legs, and use the whip back of the saddle. If he shows signs of turning back or deviating, do not pull either rein, but use the whip (or threaten to do so) on the nose from the side of deviation.

If the ascents and descents are very long, and their frequency is such as to permit it, the horse may be allowed to take a zigzag course, for in this way he can accomplish the task with less labor.

CHAPTER XIV.

REAL AND MOCK HUNT ON HORSEBACK.

A REAL stag or fox hunt is taken up with a special breed of dogs well trained for the purpose. The riders, led by the *master*, follow in the hounds' track, and help them in the pursuit and capture of the game.

In a mock hunt one of the riders takes the place of the game and marks the path pursued with bits of paper (*paper hunt*). Other riders will take the place of the hounds and will trace the bits of paper in order to show them to the master and to the other riders.

At other times, the rider who takes the place of the hunted game carries with him a piece of decayed meat, called *drag*, attached to a hook (*drag hunt*), while a few hounds drilled for the purpose trace him, followed by the band of riders.

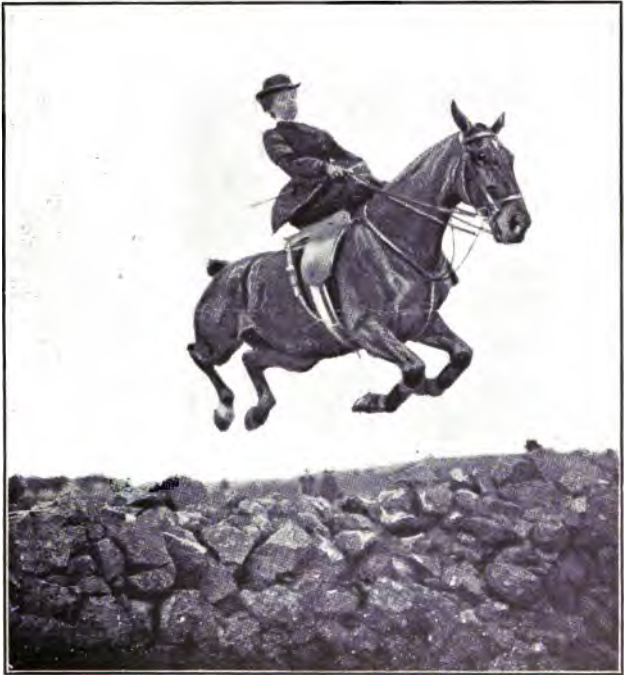
Cross-Country.—The cross-country consists in reaching a determined and visible point several miles away, without following any trail or definite road. Care should be taken to avoid bogs, swamps and heavy bottoms; they are most treacherous in their dangerous depths for the unwary rider.

The aim of all these and similar exercises is to cover at a fast pace a long distance of unknown land broken up by natural or artificial obstacles. This may be considered among the most useful



A HUNTING MEET IN THE CAMPAGNA ROMANA, ITALY.

exercises for helping riders to acquire firmness, freedom, and the habit of getting out of the most varied difficulties. Moreover, this drill is very important in showing the rider how much a horse



ITALIAN HORSEWOMAN.

knows and can do when ridden with determination and not hindered in his natural movements.

Frank Sherman Peer says: "It is astonishing how easily a horse will negotiate a most difficult jump if there is nothing to interfere with free use



"PINEROLO."

The author in the group, whose horse is right over the brook about to land with his fore-feet.

of his legs, head, or neck, and if the weight on his back is properly adjusted.

"It is equally surprising what a little thing upsets him when he is deprived of any part of this freedom.

"Therefore, ride the horse as he wants to be ridden; it is the part of horsemanship to fit the rider to the horse rather than to try to make the



THE AUTHOR'S JUMPING SEAT—"PINEROLO."

horse fit the rider. The greatest and best thing of all is to find in a horse an agreeable companion."

Whenever prolonged and speedy gallops are to be taken and difficult obstacles cleared, though the horse be ready to take part in the exercise, preparation proves always a great help. Somewhat lengthy rides in which the horse is accustomed to the walk without the aid of reins, the interpersions of extended gallops, a feed in which the ratio of oats is larger than ordinary, all co-operate to put the horse in the desired conditions.

During the exercise the rider must bear in mind not to make a wasteful use of the horse's strength, or to disturb his actions unreasonably. He should not offer untimely aids in the leap or in difficult passes. The horse should cover them without employing superfluous strength, and be supported almost by the snaffle. The rider must also adjust the distance, at rapid gaits, to the natural function of the horse's respiratory organs, because the lungs tire more quickly than the legs. In a country which is flat or slightly sloping, the gallop may safely be prolonged, but when the country begins to rise, it is necessary to moderate the gait in proportion to the elevation of the ground.

The practice of these exercises will reveal the necessity of holding one's self firm in the saddle, without disturbing the horse with the hands or the weight of the body. It inspires confidence in the horse, who learns to advance fearlessly over sloping and uneven ground, and to overcome willingly and calmly obstacles of more or less difficulty which in the early part of the training he had often refused.

When the horse goes or comes from hunt-meets, it is better to lead him by the reins. If one is obliged to mount him, the pace of the trot should not be altered.

CHAPTER XV.

PREPARING A HORSE FOR THE RACE.

BEFORE a horse is prepared to enter a race he must go into training. Training, by means of rational and healthful work, puts the horse into that vigor which enables him to continue to put forth his utmost efforts and maintain a high degree of speed without suffering thereby.

No fixed rules can be given on this subject, because the age, constitution, and character of each horse require an appropriate treatment; therefore an amount of work which might prove insufficient for one, would completely tire out another. It is only by observation and experience that we can come to know the amount of training which will put the horse in perfect condition. We should avoid entering him in a race insufficiently prepared or overtrained. We will only hint at some general directions which may enable the reader to gain a comprehensive idea of the subject.

When training a horse, the aim should be to develop in him a perfect state of health, the utmost muscular power, and a working capacity of the lungs which, free from internal fat, enable the horse to sustain, without fatigue, a swift gait in proportion to the distance.

Correct judgment as to the relation between gait and distance, which can not be definitely stated,

constitutes the greatest difficulty both in the preparation and in the possibility of winning the race.

It is an aphorism sanctioned by experience that it is not the distance but the gait that kills; so that a mile covered at high speed represents greater effort than four or five miles at a moderate hunt gallop. The disregard of this fact will result in disappointment.

To get a horse into a well-trained condition, it is necessary that the work be progressive. However, progression must not be understood to be continual; it should consist rather of successive repetitions, increasing gradually, and alternated by relative rests. Therefore the preparation of a horse for a race can be roughly divided into two periods.

Before starting on the first period, and sometimes between one period and the other, it is necessary to give the horse a dose of physic in order to prepare the stomach to receive a larger ratio of oats. The ratio of hay must be diminished, and he must be prevented from eating straw or other kinds of bulky food which offer little nutrition. Yet from time to time the horse must be allowed to eat some kind of refreshing food as paste of bran or flax seed, carrots or grass mixed with oats.

During the first period the chief aim is to give the horse a good foundation of health; therefore he is made to take long walks, some trots, and moderate gallops.

This preparatory period is followed by one more properly called the period of training. The speed of the gait and the distance covered increase grad-

ually, but not from day to day. The most rapid and the long gallops should be alternated by shorter and less rapid ones (canters), and even by days of walk and trot. At intervals of a few days increase the distance and speed (not contemporaneously or with absolute progression), until the maximum is reached. After this period the horse attains a certain degree of fitness. In the second period, lest the horse's strength should diminish rather than increase, it is wise, between the two periods, to go back a little or, as it is commonly said, to put the horse into a rather *low condition*. The second period must not begin from the point already reached in the training, but from a point farther back, so as to lead him gradually on to cover the distance of the race a few times at the gait which (relative to the distance) the horse is supposed to use in racing.

With the increase of speed, the choice of good grounds becomes more and more important.

Formerly, to make a horse lose superfluous fat, it was customary to make him perspire by means of the blanket; this system is falling more and more into disuse, for it has been discovered that it is generally better not to do so.

Training must be more severe for the race on flat ground than for that over obstacles (steeple-chase), in which there is less speed. However, in both cases and especially in the former, it is better not to make a horse work alone, for if he is a horse of character, it may vex him, and the trainer will not be able to obtain sufficient speed from

him. Therefore it is advisable to make him gallop in company. Nervous horses must be made to gallop alone, because if they are in company, they wear out to a large degree.

Having seen how difficult it is to train a horse without incurring the danger of over-training him, it is well to make a few remarks on the inconveniences which one meets in either case.

Even with a degree of training totally insufficient for the purpose, the horse may be found to be in a very healthful condition, to walk willingly, and to appear to possess a certain amount of endurance. This is seen by his sustaining an apparently swift pace over a long distance; but the deception will be quickly discovered if he is made to gallop in the company of well-trained horses. Such a deception would lead to a serious error, and to enter a race with a horse so insufficiently prepared would cause him considerable injury on account of the effort he would make; the injury would be much more severe if the horse were a generous one.

On the other hand, a horse that has been a little over-trained will show it plainly by the loss of appetite. He will show indifference and excessive nervousness; he will grow thinner and hollow at the sides, which should always be round. If the trainer is careful, he will be led by these symptoms to diminish the work before injuring the beast hopelessly.

What happens more frequently and naturally is to reach a degree of training a little short of that

desired, it being difficult to judge whether to proceed with the same work, to augment it, or to diminish it a little. If thus in doubt, it is better to diminish rather than to increase the work. If, by so doing, one lessens the probability of winning, he may on the other hand be sure that the horse will not be injured; and, if the horse is to be entered in more than one race, the first will serve to give him a good gallop in preparation for succeeding races.

What has been said concerning the symptoms of incomplete training or overtraining, can apply only to the majority of cases, because there are horses who, although they appear to be worn out, when put to the test, will prove to be in full possession of their energy; and there are still others that will run better when they are rather fat.

In conclusion, the impossibility of stating absolute rules is what renders the art of training difficult.

With the quality and condition of the horse (two elements necessary to success), we must consider the behavior of the rider during the race. Calmness and energy are the two qualities most required in him. Calmness aids in judging coolly of the way the race is developing, the favorable and unfavorable conditions which the gait may cause during the race, the place which one has been able to occupy, and the competitor most to be feared. Energy enables him to take advantage quickly of any favorable condition, and obtain from the horse at a proper time all that the latter can give.

The rider, however, must require very energetically the utmost effort on the part of the horse when, near the end, he sees there is a reasonable chance of winning. A certain struggle is also justified to win the second or third place; but nothing is more deplorable than to whip the horse in order to win the successive places. It is wrong and unseemly to struggle for a place which evidently can not be obtained, or to hold one not contested by others. The whip must not be used when the outcome of the race can not be altered.

It has already been remarked that the training for the *steeplechase* is of less severe character, and this is due to the gait which can not be so rapid when covering long distances, and also to the obstacles themselves.

The gait, however, although not as swift as that required in a race on flat ground, is always such that special training is necessary to accustom the horse to jump without diminishing his speed. Nor would it be sufficient to know that the horse is a good jumper at a hunt gait.

In order to be sure that the horse can cover the required distance, it is not sufficient to ascertain whether he can clear the obstacles as he meets them in the race, but it is necessary to drill him repeatedly and to make him cover, as an exercise, the distance at the gait which he is expected to adopt in the race.

It must be said, however, that some horses already broken to this kind of race show more or less unwillingness to jump as an exercise, while

they do so very successfully in the race; in that case we should avoid annoying them, and should wait till the day of the race to make them jump.

All that has been said concerning the two kinds of races is to be taken relatively; it depends upon the reputation of the horses that enter into competition.

CHAPTER XVI

HOW TO CORRECT VICIOUS HORSES.

A WELL-TRAINED horse always yields to the rider's will; but the subjected horse will always try to avoid it. The one works; the other fatigues



REARING.

himself; the one lasts, the other wears out. Vicious horses may be the cause of much trouble which must be avoided for the sake of their own preservation and the safety of the riders.

It is impossible to give absolute rules for the numerous and various cases which arise in the course of practice. We shall give only a few general directions.

Insufficient Training.—A horse insufficiently trained disobeys through ignorance. He will show confusion and will offer a passive resistance. He must be brought to obedience by patient training from the point where he is thought faulty.

Fear.—An easily frightened horse either goes astray or stops before some object, generally through defective vision. One must try to persuade him step by step (without much insistence if he is shy), by making him watch and smell the object without the use of violent means. Above all, no punishment should be inflicted upon him in the presence of the object that frightens him, as that would augment his fear; on the contrary, use caresses, which are usually sufficient to persuade him.

Weak or Defective Horses.—A horse that is weak or defective in any way rebels against the movements which require the action of the defective organ. The rider must know how to limit the efforts of such an organ in order not to provoke a defense on the horse's part, or to demoralize him when under submission.

Kicking.—Oftentimes kicking is a reaction against the weight which the horse supports imperfectly upon the loins and the hocks; at other times kicking is caused by the tickling produced by the legs and the spurs.

In the first case, the rider will try to strengthen the defective parts by means of gentle and moderate exercise; he will avoid putting the weight of his body upon them, and injuring them by sudden stops and the union; he will render the neck flexible, in order to avoid any rigid transmission of the curb action.

In the second case, the rider will try to diminish the sensibility of the horse by accustoming him gradually to suffer the contact of the legs and by making use of the cavesson.

In order to master at once a horse that kicks, from whatever cause, it is necessary to urge him forward by cutting him about the shoulders with the whip, and by pulling up his head at the end, or better, just before the end of his defense.

Jibbing.—A restive horse stops because of his intolerance of the rider's legs, or through fear of his hand. At times he is passive in his obstinate refusal to advance; at other times he adds to the refusal a defense.

In the first case, the rider generally succeeds in mastering him by repeating a sideways movement of the reins against the neck, by leaning back, by means of the decisive aid of the legs or the spurs, and by the use of the whip.

In the second case, besides overcoming his stubbornness in not advancing, it is necessary to prevent or render his defenses futile. The means already mentioned can be used with horses that draw back, go sideways, or kick; but special attention is required for a horse that rears, this being the most

dangerous of his defenses. This vice is rendered still worse because during the defense, the rider is obliged to stop the action of the reins, in which case the horse believes he has received a reward. Hence the necessity of preventing the defense, and his coming to a stop. This is done by applying the legs to the horse's sides and the reins against his neck. If this does not prevent the horse from rearing, the rider must hold himself in the saddle by closing the legs tighter, and must lean forward catching hold of the mane. This he must do to prevent the horse from sinking (caused by the tension of the reins), and also to avoid his own falling, an event that would delay the result of training. The most effective correction is the use of the spur, in unison with that of the whip upon his hind-quarters.

Generally the use of the whip and the cavesson is very useful for restive horses. Such horses rarely inherit these vices; they often contract them through the pusillanimity, exaggerated demands or ill-treatment of the rider.

The stubborn horse detects immediately a pusillanimous rider by the concessions granted him, and he takes advantage of them in order to give vent to his caprices.

The inability of the horse to satisfy exaggerated demands, and the impossibility of executing what has not been sufficiently taught him, produce in him confusion and disorder, which often terminate in serious defenses, difficult to repress. In short, ill-treatment wrongly inflicted, produces fatal re-

sults, because the horse, not understanding the reason for the punishment and being unable to find a means of avoiding it, tries to escape it by rebelling against the rider's will and by undertaking a struggle in which he often comes out the winner.

In conclusion, the ability of the rider consists much more in knowing how to prevent the defense than in the power to overcome it. His sane experience is shown, above all, in knowing how to avoid the occasion that will provoke a struggle between himself and the horse.

Irritable Horses.—An irritable or nervous horse feels more keenly the impressions communicated to him by the rider. The rider must try patiently to subdue him by means of the aids, and to improve his training in order to render him more obedient. The rider should act upon the horse with delicacy and moderation, and should avoid sudden action of the hand and legs. He should not grant him long rests, as they would augment his impetuosity.

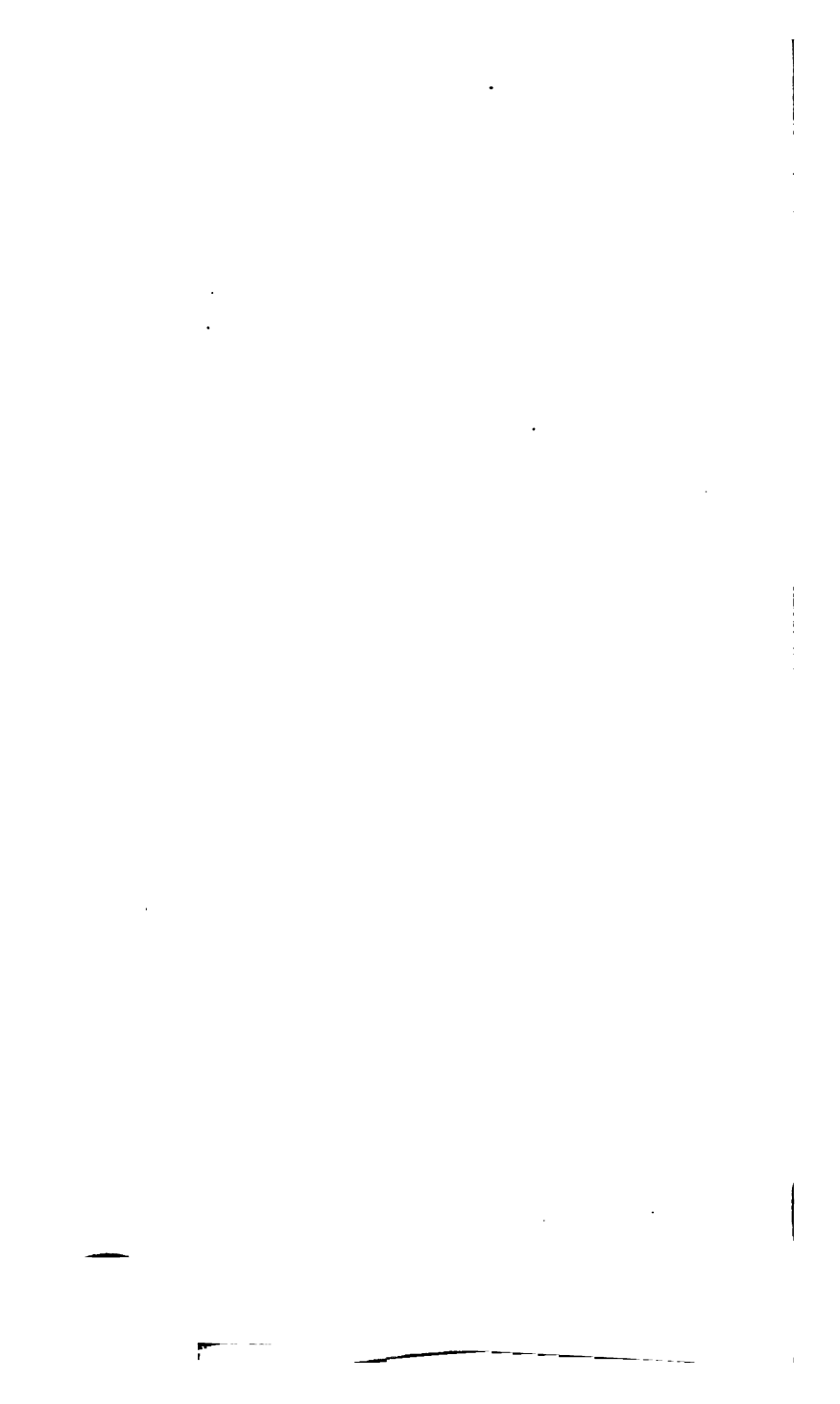
Runaway.—A horse may run away for several reasons. He may do so through irritability, fear, or malformation, which render painful the bidding to stop or to change gait, and finally through his own intention to escape the rider's strength.

The rider must study the true cause of such trouble and try to prevent it by a rational application of the directions mentioned above. If he does not succeed, let him first try to calm the horse by his voice, then he may stop him forcibly or by cunning, that is, by pulling the reins energetically and

by throwing his body back, while the horse touches the ground with the fore-legs. He will yield and pull the reins forcibly several times, and will hold his hands low, if the horse lifts his head high in the air; thus the rider will, by means of the bending, gain the mastery over the mouth.

If these means prove insufficient, the rider must be contented to guide the horse carefully, if there is sufficient space before him, or to make him go around in a circle if the ground permits. A profitable correction is that of fatiguing the horse and of keeping him still on the run, by means of the aids and the use of the whip when he tries to stop of his own accord. The use of the cavesson is very helpful with horses whose bars are not sensitive to the action of the curb.

PART II.
PERFECTING IN SCHOOL HORSE-
MANSHIP



CHAPTER 1.

INTRODUCTORY REMARKS.

THE art of horsemanship does not end with mere preliminary instruction. Practice and boldness are not sufficient to give the rider great knowledge and ability; it is necessary to go through a more severe discipline in order to acquire the well-recognized qualities which belong to accomplished horsemanship.

All riders who show great aptitude, but claim no special skill, should follow the rules given in this second part.

Great encouragement should be given to riders who possess the qualities required for perfect horsemanship, noticeably that of physical aptitude, which is indispensable to those who wish to learn quickly. Riders who do not possess such qualities must prolong the exercise and the period of training; the instruction may be easily understood by them, but the complete mastery and the correct and successful application of it will be found difficult.

We should beware of hasty optimism and subjective judgments; we should bear in mind that if the truth contained in the art of horsemanship is badly discerned, art will readily degenerate into artificiality which, accompanied always by flattery, changes the true character of equitation and perverts both horse and rider.

Truly, the easy and elegant movements of the school horse may seem beautiful; but it is also true that an equitation which aims only at appearances may prove useless and injurious.

Individual instruction in the riding-school can only give the right estimate of the fineness of the work, which projecting from the entire machinery of the subject, brings to light the usefulness of the task. Therefore the instructors, who represent the most important element, must not in any way lack proficiency in the art, for if they are found lacking, it would be better for them not to practice it.

CHAPTER II.

GENERAL REMARKS.

HORSEMANSHIP in the field has given the intelligent rider an exact knowledge of the aptitude, strength, pliability, and intelligence of the horse as he has seen him in his natural movements.

With these experiences, the instructor will say to the rider that the horse can be made to exercise all the qualities he possesses, and that he can be made not only to move well in the field, but also to be correct elsewhere in his movements, and to show elegance and gentleness in a work that refines both horse and rider. First of all it is necessary to know the relative value of each quality in the horse according to his physique.

Therefore the equitation of which we speak must never be separated from the continual and intelligent observation of the means possessed by the horse which we wish to ride.

No rules can be given on this topic, because a knowledge of the horse is not learned from books, but from practice, handed down by the experienced rider to the novice. Therefore such instruction is entrusted to that spirit of horsemanship which should never be neglected in the school, and which should be cultivated, jealously watched, and handed down to those who show tendency for the art.

Together with this indispensable knowledge of the

horse, the rider will be shown the means he possesses to make the horse yield to his will, and also the actions which he must perform in order to work harmoniously with him.

All this knowledge proceeds evenly, with an intelligent and constant progression, in which calmness, an essential virtue in good horsemanship, should be the presiding element. Therefore, we have maintained here a progression which initiates and educates the rider in the art which this book attempts to expound.

CHAPTER III.

MEANS POSSESSED BY THE RIDER.

A RIDER possesses several means by which he can communicate his own will to the horse; some of these are personal and peculiar to each rider, and possess secret power over the horse; others are physical and common to all. The latter, aided by some intelligence, acts in subordination to the former.

The means common to all consists of the action of the *hands*, *legs*, and *body* of the rider. One should have an exact idea of each of these so that they may be employed correctly and harmoniously. It is only their harmony that unifies the rider's will, and predisposes and decides the horse to follow the desired gait and movement.

Action of the Hands.—The hands hold the reins. They act upon the horse's mouth, and guide him. In a normal condition they must hold a light and continual support upon the horse's mouth. They must possess a delicacy of touch to enable the rider to feel whether they hold the right support or not; elasticity, so that he can find and maintain the support; and lightness, in order that the support may not cause pain or become too firm. However, the support may vary according to the structure, equilibrium and character of the horse, and the exercise one goes through.

When at a slow and united gait, the support must be very light; when the gait is rapid, the support must be firm.

The right support is accompanied by the correct position of the hands, which depends chiefly upon the structure of the horse, and upon the relation existing between the loins and the mouth.

With a well-formed horse, the hands are held to the height of the withers, on each side; if they are held too high, the horse draws up his neck, causing pain in the loins and the hind-quarters; if held too low, the horse arches his neck, leans upon the fore-legs, and stiffens forward.

When the hands hold a correct support, they will be able to yield, to hold back, and make the horse draw back or turn. This they do by gentle movements aided by flexibility of the wrists, arms, and shoulders.

Besides these chief movements, the hands perform other functions in the school exercises. These functions will be discussed later, because they can not be separated from complex actions.

Action of the Legs.—Relative to the action of the hands, the legs govern the hind-quarters of the horse.

It is because of this relation that the legs persuade the horse to move forward in the right equilibrium, cause him to modify the pace, to turn, and to draw back.

The action of the legs is exercised from the knee down; the point of support and of power is the knee, which should never be raised or drawn from

the saddle. In a normal position, the lower part of the legs falls almost perpendicularly to the ground. They must never disturb the horse by too much adherence. They should touch him lightly, so that they may not exercise excessive action unexpectedly.

The action of the legs consists of the *pressure* and the *aid*. This pressure bears most relation to all the actions of the hands, and forms an integral part of the harmonious movements of the horse; the aid serves in the advance and corresponds only to the yielding of the hands.

In the application of both, the legs must be drawn back of the perpendicular line, while the knees acting as pivots remain firm against the saddle. The heels must be kept low. The structure, the character of the horse, and the exercise to be executed suggest the intensity of pressure and aid.

Aside from all the movements which the rider can perform with both body and hands, the legs are used for the required harmony. If this were not so, the rider would be only a rigid instrument on horseback.

Besides the united action, each leg can exercise an action of its own, inducing the horse, by means of pressure, to move the hind-quarters to one side, and to proceed obliquely until the pressure ceases and that of the other leg comes into play to restrain him.

The thigh predisposes the lower part of the leg to action by means of a pressure brought to bear flatly from the hip to the knee.

Action of the Body.—The action of the body arises from the equilibrium which the rider maintains in the saddle. The body must be elastic to all the horse's movements, but it must never interfere with the action of the hands, nor must it stiffen the action of the legs. It must maintain its poise steadily upon the buttocks and thighs, its firmness upon the knees, and its flexibility in the sides and loins. The chief merit is to render the body light by means of a correct equilibrium.

Unlike the hands and the legs, the body exercises no direct action which might hinder the rider's will; it rather unites with them to facilitate their action and never to thwart or destroy it. It seconds them when the horse is made to advance, to hold back, to modify the gait, to turn, and to draw back. Its function is of great importance in swift gaits and in clearing obstacles.

The movements of the body are sometimes almost invisible, yet they shift its weight forward, backward, and sideways. When forward, it facilitates the advance, the rapid gaits, and the leap; when back, it facilitates the action of slacking up, the stop and the rein back; when sideways, it facilitates the turn, the circular and the lateral movements.

CHAPTER IV.

EQUILIBRIUM OF THE HORSE.

THE equilibrium of a saddle horse is the attitude which he assumes in all his bearings, both when at a standstill and in action, and by which he feels ready and capable to carry out all the actions which the rider demands, that are possible to the means in his possession and to his nature.

The equilibrium is subordinated to the structure of each horse and to the consequent functions of his organs. It must answer the kind of equitation which the horse is required to follow. The better the horse is formed, the more exact will be the relation of the different parts, and consequently the easier it will be to attain the equilibrium.

The *race* horse will obtain his equilibrium by shifting his center of gravity forward; the horse educated in the *high-school*, by shifting it on the hind-quarters; the *field horse*, by distributing it over both extremities.

Therefore, to poise a horse does not mean to take him out of his natural equilibrium in order to give him an altogether artificial one, which would be impossible in the very nature of the case; but it is intended to develop in the horse all the power of motion of which he is capable, and to employ this power in a more unified manner, correspond-

ing to the task which the horse is called upon to perform.

Through the equilibrium which the horse acquires progressively in the course of training, he rectifies his gaits and prepares himself for all the other movements and exercises which the rider, from an exact knowledge of the means and nature of the horse, may demand of him.

In the walk acquired while in training, the weight of the body is distributed equally upon the hind-quarters and the forehand. The length of the time between the foot-beats is even, the lifting and the tread of the feet take place at equal intervals, the fore-legs move freely and higher than the hind-legs, which do not get beyond the fore-legs.

The *walk* is a pace of four distinct beats for the horse moves the legs one at a time diagonally. First he moves one of the fore-legs, then its diagonal hind-leg, then the other fore-leg, and finally the other hind-leg.

In the *trot* we hear two beats, the horse moving the legs two at a time diagonally. When the first two are about to touch the ground, the other two are lifted and the body is thrown forward; when these are about to finish the step, the first two yield the ground, beginning the movement over again. Therefore, there is an instant, almost unnoticeable, in which the horse has the four legs lifted from the ground.

In the *gallop* we hear three beats, marking the time which makes up the leap of the gallop. The first beat is marked by one hind-leg, the second by

the other hind-leg and the corresponding diagonal fore-leg, and the third by the other fore-leg. If these beats, through bad training or ignorance on the part of the trainer, or, above all, through imperfection or defect of the horse, do not follow in the sequence mentioned above, the gallop may become either *disunited* or *false*.

It is disunited when the second beat, instead of being marked diagonally, is marked laterally, or as it is commonly expressed, the fore-legs gallop right (or left) and the hind-legs gallop left (or right). It is false when the horse gallops on the side opposite to that to which he is turning. In the *right* gallop each right leg takes the advance steps over the respective left leg; in the *left* gallop each left leg takes the advance steps over the respective right leg.

CHAPTER V.

FLEXIONS.

THE aim of these exercises is to teach the rider how to master the instinctive resistances which the horse, by means of his strength, can put *forth* against the rider's will. A knowledge of these forces, of the organs from which they arise, the places in which they operate, and their physical causes, serves as a guide in the process of instruction.

If this knowledge is lacking, the rider who undertakes the work, instead of overcoming the resistances of the horse, will promote and exasperate them. Hence it often happens that the physical cause of the young horse's resistance becomes a moral cause, and the struggle, instead of the instruction, begins.

Since the horse is endowed with a muscular strength infinitely superior to that of man, his instinctive forces, aiding one another, will always overcome the effort of the rider, who through ignorance, tries to master all of them at the same time. But when the rider knows that these forces operate in different parts of the body, he will be able to take advantage of this division and master them one at a time.

The parts in which these forces chiefly operate

to offer the greatest resistance are the neck and head, the loins, and the croup.

In order to master the horse, the rider must overcome gently and progressively the two extremities, one at a time, and then unite them afterward.

The hands exercise their action on the head and neck, producing the *bend*; the loins and the croup are acted upon by the body's gravitation, pressure and aids by the legs.

The Bend.—The bend serves to suppress the resistance which the horse may oppose to the hand; these resistances are always lateral, low or high, and operate powerfully in the head at the jaw, and in the neck. By means of the bend we obtain the correct position of the head which in a well-formed school horse is determined by a horizontal line starting from the spine and passing to the height of the bars; also by a vertical line which, starting from the forehead, passes upon the front of the nose and falls perpendicularly.

With the head in this position, the curb is more effective, and the action of the hand travels quickly from the mouth to the spine. The position of the head depends upon that of the neck and the way the head rests upon it. The bend can be *vertical* or *lateral* (right or left). The vertical bend extends from the bone of the nape of the neck (occiput) to the first vertebra (atlas).

The lateral bend (right or left) must also extend from the occiput to the atlas, but the head is turned somewhat in the direction of the bend, so that the rider should have a better view of the

lateral profile of the head in the direction of the bend.

The flexions are obtained first on foot and then on horseback.



OBTAINING THE FLEXION OF THE JAW TO THE RIGHT.

On Foot, Lateral Flexion of the Jaw.—The flexion of the jaw is obtained while at a stop. The horse is bridled and saddled, with the reins on the neck. The rider, in order to bend the horse's head to the right, will stand near the left shoulder. He will grasp with his right hand the right rein of the curb below the neck, about two spans from the

cheeks of the bit, and the left rein with the left hand about three inches from the cheeks of the bit. He will draw the right hand toward him and will release the left rein as if to twist the curb in the horse's mouth. The rider must act with gradual firmness and proportionately to the resistance which the neck may offer, to prevent affecting the straight position of the horse.

Having obtained the flexion, the left hand will be carried back until the reins are of the same length, and then with both reins extended he will force the horse's head toward the neck and keep it there until he shows no resistance. The horse in this position must champ the curb.

When this is accomplished the rider will slacken the tension of the reins, and allow the horse to regain his natural position.

To bend the head to the left, the rider will use means in reverse order to those above mentioned, being careful to alternate the flexions during the drill.

This flexion of the jaw is of the greatest importance, because the head precedes and determines the various positions of the neck, which, although bent in the various ways to be mentioned later, would not allow the complete mastery of the head without the correct flexion of the jaw.

Lowering the Neck.—This exercise gives elasticity to the lifting muscles of the neck, which are powerful when the horse offers resistance. The rider will stand in front of the horse, and grasp the curb-reins in each hand at a short dis-

tance from the cheeks of the bit. He will force the horse to lower the head toward the ground by means of a perpendicular action. This action is to be continued until the horse, without changing his position, yields head and neck to the rider.



LOWERING THE NECK.

Having obtained this, the rider will allow the horse to regain his natural position.

Lateral Flexions of the Neck.—Here the action of the snaffle is to be preferred to that of the curb.

To bend the neck to the right, the rider will stand near the left shoulder of the horse. He will grasp the right rein of the snaffle above the neck

and lay it six inches from the nape. The left hand will grasp the left rein, five inches from the ring of the snaffle. Draw the right rein of the snaffle and release the left as far as the neck yields.

When the horse has yielded completely, keep an equal tension on both reins, without removing the hands from the original position, in order to bring the head perpendicularly to the ground. When he holds himself in this position, champing the bit, the rider will gradually release the tension.

The bend to the left is obtained by using the above means in reverse order, taking care to alternate the flexions during the drill.

On Horseback. Lateral Flexions of the Neck.—When the required obedience and elasticity of head and neck have been obtained by means of the flexions with the rider on foot, he will go through the same flexions on horseback.

These, like the former, can be obtained through the action of the curb or snaffle. To bend the neck to the right, the rider, keeping the correct poise in the seat, will grasp the reins of the snaffle, one in each hand. The left hand will hold a light support on the horse's mouth, while the right hand will be drawn gradually toward the body until the horse yields and inclines the head to the right.

As soon as the rider has obtained the yield, he will, by means of the tension of the left rein, hold the horse's head in a vertical position, and as high as the nature of the neck permits.

For the left bend, the preceding actions will be employed in reverse order.

When the complete flexions have been obtained on horseback without any resistance, it will suffice for the rider to keep the horse in exercise by going partially through them.

Straight Flexion of Head and Neck.—This flex-



OBTAINING THE RIGHT LATERAL FLEXION OF THE NECK.

ion is of the utmost importance, it being the result of all the others thus far practiced. It serves to keep the horse's head almost perpendicular by means of a very light contact of the hand. It can be practiced through the action of the snaffle or the curb. When using the snaffle, the rider, after poising himself in the saddle, will grasp the snaffle

reins with the left hand and hold upon them an equal tension. He will put the right hand in front of the left and place it upon the reins to give greater strength to the tension, which should be applied firmly and evenly on both reins with increasing progression, until the horse yields. This tension should be proportionate to the resistance



THE AUTHOR ON "NEBO" OBTAINING THE STRAIGHT FLEXION OF HEAD AND NECK.

of the jaw and neck. With the legs the rider will hold the hind-quarters of the horse to prevent him from turning away by drawing back or making a lateral motion; he will also press the legs just back of the girth, thus giving the horse a forward impulse.

The horse will yield gradually; at every yielding

the hand must diminish lightly its tension upon the reins, as a reward, and gradually regain it until the horse brings his head nearly perpendicular to the ground, and renounces all resistance. The rider will then be able to release the tension of the reins, granted the horse holds the head in that position, champing the bit.

When by repeated exercise this flexion is executed easily and readily by the horse, and a light support of the hand is sufficient to hold his head nearly perpendicular and as high as his conformation permits, then we may feel certain of the complete equilibrium of the forehand.

Flexions of the Croup.—The flexions of the croup tend to give the rider a mastery of the hind-quarters of the horse, as the flexions of the jaw and the neck render him master of the forehand. These flexions (of the head and of the croup) obtained directly by the rider, must be employed in unison; otherwise it would be useless to have flexibility, lightness, and obedience of the head and neck, with the croup remaining rigid and heavy.

Having seen how the action of the hands gives the first result, it is necessary also to see how the action of the legs leads to the second by the impulse it gives to the croup.

Lateral Flexion.—The rider on horseback will, by means of the above-mentioned actions of the hands, put the forehand in the right equilibrium; then he will bring one of his legs into play by a pressure back of the girth, in order to make the horse move the croup to the opposite direction. Meanwhile,

with the other leg against the girth he will hold the horse in place. The one leg will press with lateral movements from right to left or *vice versa*; the other with lighter movements will act with a forward motion, so that while the latter holds the horse in place, the former will cause the rotation of the hind-quarters. The action of the snaffle rein, opposite the direction in which the croup is to move, will facilitate the action of the leg, while the curb reins will force the horse into the desired position of equilibrium. The croup urged on laterally by the leg will shift, describing a curve with short steps.

After having gone through this exercise on one side, it will be repeated on the other, so that the horse, obedient to the action of the hand and yielding to that of the leg, will in a short time be able without any opposition to trace voltes with the hind-legs and the fore-legs.

To Rein Back.—The importance of this movement lies in the fact that it gathers into the right equilibrium the forces of the horse, which, as is known, bear more upon the forehand than upon the hind-quarters.

In drawing back, the horse gathers his forces as much as possible upon the center of gravity; thus poised, he acquires grace in his movements and in the cadence of his gaits, and yields completely to the action of the hand.

The chief condition in reining back is to have the horse pliable under the hand, light in the forehand, and in a straight position.

The rider's legs, which have already imparted flexibility to the croup, exercise considerable action in this movement. They prevent the horse from offering any resistance to the hand by stiffening the hind-quarters, by avoiding the movement with a shift of the same to one side; or by drawing back hurriedly.

This movement, painful at first, will lead the horse in the beginning to react against the actions of the hand and the legs; but the exercises which he has already gone through will give the rider the means of holding the shoulders in the right direction. The croup is directed by the action of the legs, and the weight and the forces of the horse are brought to the center of gravity. Thus poised the horse will no longer find the movement unpleasant, and will offer no more resistance to the exercise.

To execute the movement, the rider must first see that the horse keeps the haunches in line with the shoulders; then he will begin to hold an equal and gradual tension on the reins, drawing the hands toward his body to throw back the weight of the forehand. He will keep the legs close to the horse's body, so that he will yield only after the bending of the head and neck. As soon as the horse has obeyed and drawn back a step, he will release the tension as a reward.

If the horse displaces his croup laterally, the rider will by means of the leg replace it.

The exercises must not be continued long, although it is necessary to repeat it often for a few steps at a time.

CHAPTER VI.

LOCOMOTION.

IF the foregoing exercises are carried out with the right progression and a delicate touch, the rider will perceive the action which his own means can bring to bear upon the instinctive resistances of the horse. But now he must facilitate the exercising of the horse's powers by drilling his extremities, the seats of passive resistances and the basis of all animal movement.

The Walk.—In order to accomplish this, the rider will begin by putting the horse into a walk in the ring, and by holding him, in the first turns, with the head in proper position, without any other requirements. Then, little by little, he will demand from the horse lightness, accuracy, and cadence. He will begin with a light action of the hand and legs and will bring into proper relation the forces of the two extremities. In order that the walk may proceed regularly, it is important that both the impelling power of the rider's legs and the moderating power of the hands be in perfect harmony.

When the horse has acquired ease, freedom, and poise in this gait in a straight line, we may begin to make him go through circular movements and changes of hands. In these movements the snaffle rein, on the side to which one desires to turn, must

determine the bending of the head; then follows the action of the curb, care being taken not to undertake the movement unless the action of the snaffle has first mastered the lateral resistances which the horse may offer. The leg on the opposite side of the turn will be pressed against the horse's body in order to force the hind-quarters to follow in the path of the forehand, while the hand, after having guided the horse to the turn, rather than a lateral movement to aid it, must by a light opposition, hold the equilibrium of the forces during the turn.

The Trot.—Having acquired facility of execution in these movements, the rider will pass to the trot. He will start slowly in this gait, following the same rules given for the walk. The hand must increase in elasticity and delicacy in order to keep the horse perfectly light and to avoid his bearing upon the hand and hurrying the cadence, which would throw him out of equilibrium. The legs will second the action of the hands by a light pressure. In this harmony of action the horse will acquire not only the cadence of the movement, but also grace and the extension and the certainty of the gait, thus developing all his graceful forms and actions.

In the trot, the rider will drill the horse in the circular movements and changes of hand already practiced in the walk.

The exercise of trotting must be repeated for a short period at a time.

Lateral Movements.—When the horse has been

trained to execute with precision the circular movements and the changes of hand in the above gaits, then it is time to start on the lateral movements.

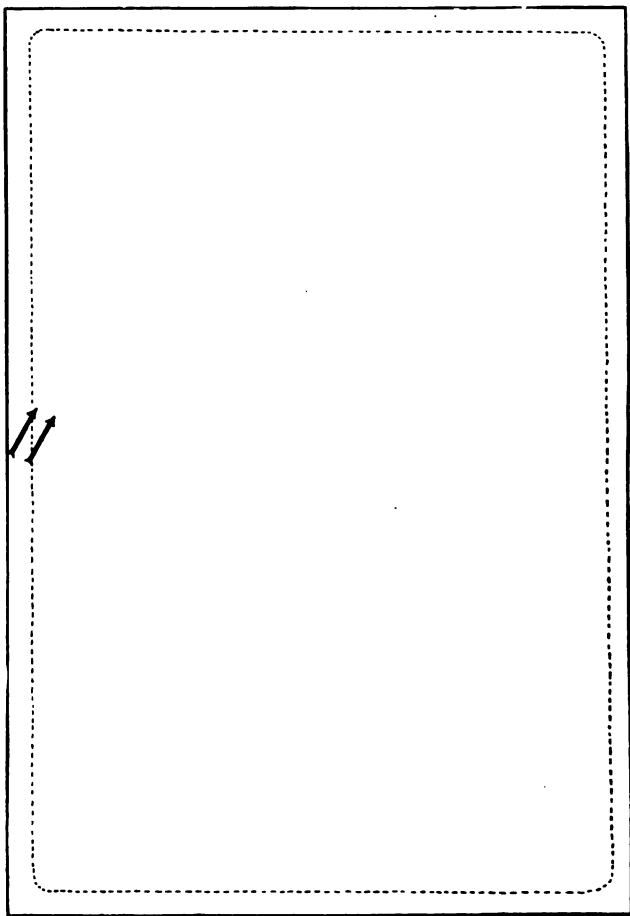
The aim, of these, is to give the rider more complete knowledge of the actions which he executes with the hands, legs, and body, and to show him the importance of harmony in the application of these means.

Lateral movements are for the horse an exercise which renders him more manageable and more agreeable in his actions. The actions of the rider become more intelligible to him, and perfect him in all flexions, especially those of the haunches; they develop in him the independence of each part of the body, above all that of the shoulders, and also the habit of correct equilibrium in all the movements. They give him a feeling of safety in the voltes and in the narrow turns, teaching him to place one leg over or behind the other without touching it.

Shoulder-In.—In shoulder-in, the horse moves sideways on two paths. From the head to the croup he forms a light bend, and advances with his convex side, the fore-legs moving on the inner path; the inner legs passing over the outer in order to take the lateral step.

This gait is first executed in a curve, then in a straight line. In normal conditions it is executed at a walk, but it may also be done at a trot.

To perform this movement, the rider causes the horse to make an inner lateral bend of the head and guides him on with the forehand in the inner



SHOULDER-IN WHILE ON THE RIGHT HAND.

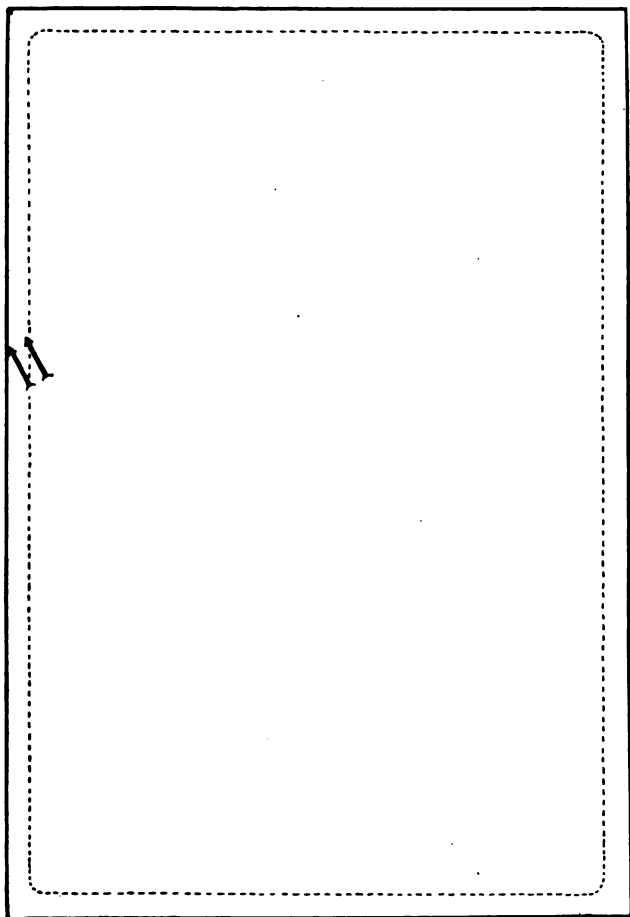
side of the ring as if to move obliquely. When the shoulders have moved scarcely half a step, the

rider keeps the forehand in this position by the action of the outer rein, and prevents the horse from proceeding in the direction to which the inner rein has bidden him. At the same time, the inner leg presses against the horse back of the girth in order to hold the hind-quarters in the path, and the application of the outer leg urges him forward. This action of the outer leg must be accompanied by the lateral motion of the hands outward, in order to force the horse to take the lateral step.

Thus every step is determined by the displacement of the hands outward and the simultaneous aid of the outer leg. The body of the rider will incline to the direction in which he is going, although it often happens, especially in early training in the lateral movements, that the horse answers better with the rider's body inclined to the opposite side to which he is going.

To cease advancing in this manner, the rider yields the inner reins gradually, maintaining a slight tension upon the outer reins, and diminishes the pressure of the outer leg. He moves the hand outward until the forehand has returned to the path of the hind-quarters, and continues to urge the horse on with the outer leg. This movement must be performed gently, gradually, and while the horse is going forward.

When in a straight line, in order to turn the angles formed by the rectangle of the ring, the rider diminishes the displacement of the hands, and holds back a little with the reins, in order to force the fore-legs to take shorter steps; at the same time



CROUP-IN WHILE ON THE RIGHT HAND.

he will exert greater pressure with the inner leg in order to force the hind-legs to take longer and quicker lateral steps.

Croup-In.—In croup-in, the horse moves sideways on two paths. He bends toward the direction he takes, displacing the croup about half a step inside, placing the outer legs over the inner legs.

Like the shoulder-in, this exercise is performed first in a curve and then in a straight line. It is generally done at a walk.

In the execution of this movement, the rider causes the horse to make an inner lateral bend; then by the pressure of the outer leg, he forces the horse to displace and keep the croup inside. With the inner leg he urges the horse forward, while with a light movement of the hands he causes the outer rein to press against the neck in order to start the shoulders in a lateral motion, still holding them in the path.

The rider's body inclines to the direction in which he is going.

To cease this movement, the rider loosens little by little the tension of the inner rein, stops the movement of the hands, and diminishes the pressure of the outer leg, while the inner one continues to urge the horse on until he enters upon one path.

To turn the angles, the rider will accentuate the lateral displacement of the hands from the outer to the inner side, in order to force the fore-legs to lengthen the steps, while by the pressure of the inner leg he will cause the progressive motion of the croup to slacken, forcing it by means of the outer leg to mark steps almost in place.

Side-Step.—The rider may bid the horse to perform this movement in action or at a stop. If in action, the lateral movement will be made while advancing; if at a stop, it will be made by moving sideways without advancing or drawing back. In



SIDE STEP FROM THE RIGHT TO THE LEFT.

either case the shoulders will precede the croup.

When in action, the rider will turn the forehand in the direction to which he wishes to step, by a lateral action of the hands; then he will make the hind-quarters follow by the action of the legs like that in the croup-in, taking care to start the movement with the forehand.

When at a stop, the rider prepares the horse to traverse by advancing a few steps and moving sideways.

In either case, to desist from the movement, the hands cease the lateral motion, and the leg toward



SIDE STEP FROM THE LEFT TO THE RIGHT.

which the horse traverses offers an opposition to the lateral advance of the croup, while the other leg stops the pressure.

These lateral gaits must be executed in periods of short duration without much insistence, especially if the horse shows signs of impatience. They may be performed alternatively, that is, the rider

may pass from the shoulder-in to the croup-in and *vice versa* by means of changes of hand, and from the right side-step to the left. Voltes may also be executed in these lateral gaits.

Voltes in Place.—Voltes in place are carried out upon the *center* of the horse, the *croup*, or the *shoulders*. They will not prove difficult because of the preceding exercises, and will be executed progressively, by tracing first a quarter-circle, then a half-volte, and finally the entire volte.

Center Volte.—In the center volte, the horse turns on his center; the shoulders converge to the side where the volte is to be made.

The rider first puts the horse in hand, then by the action of the inner rein he holds him a little and leads him in the direction of the desired convergence; he then urges him on by the use of the outer rein, pressing it laterally on the neck. The inner leg presses upon the side and forces the hind-quarters to yield in the opposite direction, while the outer leg holds them, so that they may move in a circle corresponding to the displacement of the forehand, and at the same time prevents the horse from drawing back to avoid the movement. The rider's body must be erect.

To stop the movement, the hands offer a resistance to the forehand by a stronger action of the outer rein, while the inner leg stops the pressure and the outer leg hinders the movement of the croup.

Croup Volte.—In the croup volte, the inner hind-

leg acts as a pivot upon which the shoulders trace a circle.

With the action of the hands the rider makes the fore-legs turn in the desired direction, while he redoubles the aid with the outer leg, and presses with the inner leg so that the horse may not displace the corresponding extremity and draw back.

The body of the rider will gravitate perceptibly toward the inner side.

In order to desist, stop the action of the hands, and close the outer leg against the horse's side to prevent him from rushing aside in the act of stopping. The inner leg prevents his drawing back.

Shoulder Volte.—In the shoulder volte, the outer fore-leg of the horse becomes the pivot for the movement traced by the croup.

The action of the rider's hands holds the outer fore-leg firm; the outer hand is lowered and the inner one yields gradually. The outer leg, by means of a light impulsion, urges on the hind-quarters in the circle, and the inner leg prevents the horse from taking too long steps or drawing back.

The rider's body is held straight. To desist, stop the action of the outer leg and loosen the reins.

CHAPTER VII.

UNION.

HAVING obtained, through the flexions, the desired elasticity in those parts of the horse's body where his instinctive forces largely operate and having rendered his extremities easy in their movements by means of the exercises of locomotion described above, one must command the horse to unite his forces upon the center of gravity, and in the middle of his body.

The union gives to the horse the most favorable attitude for the execution of all that may be demanded of him, and causes him to employ as little as possible the forces necessary to the movement.

The union is obtained by collecting the horse between the action of the hands and that of the legs.

It is not easy to execute this exercise perfectly, for the two actions of the rider are brought to bear upon the horse as opposing forces and one can very easily overcome the other and lead to a result contrary to that aimed at in the union.

If the action of the legs is too forcible, the horse will immediately throw himself forward, will overcome the action of the hand, and will bring his weight upon the forehand; he will also stiffen by extending or arching the neck. If the action of the hand is too forcible, the horse will bear upon

it or, drawing back in disorder (stiffening the hocks and the loins), he will either offer resistance with all the forces of the hind-quarters or he will rear.

It often happens that the inexperienced rider will make excessive use of the action of the hands, and therefore there have been and still are horses that are behind the hand.

Few riders have a correct idea of the relation between the action of the legs and body and that of the hands. Therefore great care should be taken in the union, for if on one hand it is the source of the most beautiful of the horse's movements, on the other hand the lack of it is the principal cause of all the stubbornness and vices of the saddle horse.

To obtain the union, the rider will bring the horse to a straight position upon his limbs; he will give the head and the neck their correct position, and by means of his legs will collect the horse's forces in the center of gravity, causing his hind-legs to be brought under him.

The hand will hold a light support upon the horse's mouth, preventing; however, his advancing, and at the same time it will be held ready to throw back the weight of the horse's body whenever it tends to gravitate upon the forehand.

Under this action, the horse, bending on his haunches and lowering the croup, will draw the hind-quarters closer to the forehand; he will hold the head vertically and will arch the neck.

The rider will know that the union is complete

when he feels that the horse is ready to rise upon his four legs, so to speak.

This exercise produces in the muscles a certain tension and activity and acts also upon the nervous system; therefore it proves painful at first, and in order to accustom the horse to it, plenty of time with a successive and moderate gradation are necessary.

The exercise must not last long; it should be often interrupted and the horse, as a reward, should be allowed to stretch himself by taking a turn in an extended trot. He should then be brought back to the union.

The United Walk.—To take the united walk, the rider sits well in the saddle, and gradually sets the horse in motion, urging him on with the legs, so that he may be better in hand. The rider will resist gently with the hand if the horse falls upon it suddenly or tends to hasten the gait; he will compel him with a fine touch to remain in hand with a correct position of head and neck.

The aid of the legs must follow harmoniously with the movements which the horse makes in advancing, that is, they must be applied at the moment when the horse lifts and puts down his feet. At every lift of a fore-leg the pressure of the rider's opposite leg must correspond while the hand is held light and elastic.

The rider will proceed at this gait for short periods and in a straight line; then he may execute circular movements, changes of hand, and may repeat some lateral movements.

After each period the horse may be allowed to stretch himself by putting him into an extended trot.

The United Trot.—In this gait, the essential condition is that the rider should by means of the equilibrium, possess in the saddle an absolute independence of hands and legs. For, if the body does not hold itself there by the means of the equilibrium, the rider will be obliged to recur to the support of the reins when they should be held lightly, and to the strength of the legs when they must exercise only certain pressures or aids.

The united trot, like the walk, but more effectively, collects the horse in a shorter and more brilliant movement. The better the flexion of the joints, the greater is the contraction of the flexor muscles. In this gait we perfect the equilibrium, lighten the shoulders more and more, ease the support on the mouth, and increase the attention and obedience of the horse. He acquires that fulness of movement which renders his action brilliant and majestic.

The rider will make the horse take the united trot from the ordinary trot gradually and by the action of hands and legs as in the united walk, only that the action must be proportionate to the gait. It can not be expected that the horse will take the united trot immediately, or that he will sustain it for a long time. In this gait, he may execute the circular movements and the changes of hand, care being taken that in these movements he does not go back of the hand, or break into a gallop. If

the horse should thus refuse the union, the rider should not persist, but should put him into the extended trot, and begin the exercise over again.

The Gallop.—The pliability and nimbleness of the horse facilitates the movement of the gallop. It is necessary then that the rider, taking advantage of the qualities which he has developed in the horse, should lead him into that attitude whereby he can employ all his forces to take the gallop, being persuaded that the regularity of the movement depends upon the attitude the horse takes. This regularity is made manifest in the evenness of the leaps, the unaltered cadence, and the constant and correct position of the horse.

The rider already experienced in the gallop and possessing a knowledge of the manner in which the horse performs this gait, will not find it difficult to put him into the attitude to start at the gallop, and to obtain it whenever he wishes.

After the horse has taken a united walk, he will be made to start at the right gallop by placing his hind-quarters in that position which facilitates the marking of the first beat, he will bring the left hind-leg toward the center of gravity, while the hand will lead him to a right bend.

Hence the importance of shifting the croup a little to the right, so that the left hind-leg may trace, while in action, a median line between the two fore-legs.

This preparation for a start on the right gallop (the reverse for the left gallop) is called *starting*

the horse half haunch in; that is, in the direction one wishes to take.

The horse in this attitude is ready to take the leap at the bidding of the rider. A very light aid of the outer leg and a gentle release of the hand will determine the horse to take the leap.

In order to acquire touch and skill the rider must practice at length this start in the gallop, being careful never to disturb the horse when in the act of taking the first leap, nor to antagonize his mouth in the various movements. The distances must be short and the rests numerous, because this work tires the horse.

The gallop from the walk will follow that from the halt; then pass from the gallop to the walk, and from the gallop to the stop, holding the horse always straight and ready, without any discomposure in order to start again with equal readiness and precision.

The perfect execution of this delicate task and of that which follows requires that the horse be prepared by the union, and therefore the movements of which we speak must be made at a united gallop.

The United Gallop.—In this gait, the horse shifts the greater part of his weight upon the hind-quarters, relieving the forehand almost completely. He takes shorter and higher leaps, and is very sensitive to the bidding of the hand, pressure of the legs, or to the movement of the rider's body. The rider leads him to this gait little by little from the ordinary gallop at the turning of the angles in the

ring; after that, he may start from the united walk or from the union at a stop.

Volte.—In this united gait, the rider will perform all the circular movements of the school, passing progressively from the large to the small volte. He will be careful to increase, if necessary, the pressure or the aids of the legs, and to hold the horse lightly in hand by a reciprocal harmony of these means, for the horse in these movements is often inclined to throw himself upon the forehand.

Changes of Hand.—The circular movements follow the changes of hand in the gallop. These changes are made first on the ground and then in the air. First come the diagonal changes, then those of the half volte, and finally the transversal changes.

Changes in the Right Gallop.—In these changes on the ground, the rider, a little before reaching the new path, puts the horse into a walk and demands the movement half haunch in. After he has entered the path and made a few steps, he changes bend, predisposes the horse on the other leg, and bids him to the gallop.

In the transversal changes the horse's attitude will be changed when almost in the center of the ring, where, a little before reaching it, the rider will put him into a walk. The gallop is resumed when on the new path.

The About Face.—In this exercise the rider, after having stopped the horse from the gallop, will make him execute a half-volte upon the croup inward, thus obtaining the about-face upon the croup. Then

he will bid the horse to start in the new hand, pre-disposing him to it by advancing a little at a walk.

On Two Paths.—The horse that has been drilled to the half haunch in, and to gallop on one path, will be ready to execute the gallop on two paths, that is, to gallop by tracing two paths, one with the fore-legs and one with the hind-legs.

The rider passes to this movement from the half haunch in. He will urge the horse on more than ordinarily, so that from the walk or trot he may break into the gallop.

This movement is not difficult for the horse; on the contrary, the rider must remember that many horses take such a liking to this gait that they contract the habit of galloping always croup in. These horses afterwards must be made to gallop in a straight line.

Later the horse will no longer be made to pass to two paths from the half haunch in at a walk or trot, but from the gallop on one path.

To facilitate this the horse will be invited to it during the change of hand in the half-volte, that is, in the change on the ground from one hand to the other.

The horse that has been well drilled to pass quickly, half haunch in, from one hand to the other, will pass easily from one double path to the other. This prepares the horse for the change of gallop in the air.

Change of Gallop in the Air.—The rider will proceed gradually in these changes, diminishing as he proceeds the delay in passing from one double path

to the other. This will do until the change of the two paths is no longer followed by any perceptible pause, so that the change of hand may take place without any pause of gallop. The harmonious action of hands, legs, and body, although rapid, must be executed with the utmost gentleness, in order to make the horse understand well and in time what is required of him, and to prevent disturbing him in the least.

In order to get the most practice in these changes the rider may follow a crooked line from one short side of the ring to the other.

The Figure 8.—The figure 8 may be executed at a walk, trot, or united gallop, care being taken that in the walk and trot the bend of the head be to the side to which one turns, when at a gallop besides the bend of the head, the change of gallop in the air must be made as soon as the second reverse turn is about to begin.

There are many other movements of which no mention is made here, because, as has been said at the beginning of this second part, we should beware of the useless and often harmful equitation which aims only at appearances. This sport, second to no other in many ways, should aim at developing both horse and rider in a way that may prove of the greatest utility in practical life.

CHAPTER VIII

HIGH JUMPS.

The writer recalls what his instructors often told him, that one of the most favorable con-



AN ITALIAN CAVALRY OFFICIAL EASILY GOING OVER A HIGH
SOLID FENCE.

ditions for jumping is that while the rider faces the obstacle, he should have the absolute self-assurance to obtain the result, in such a decided manner as to be persuaded that he is al-

ready on the other side. In this exercise, the horse learns to leap only by the employment of forces strictly indispensable. The rider acquires touch and stability in the saddle, the leap being one of the actions in which the horse changes in a few seconds



THE AUTHOR'S JUMPING SEAT.

his equilibrium and positions more often and more markedly than in any other. When a rider seconds a horse well in the execution of the leap, he possesses qualities more than sufficient to avoid disturbing the horse in any other action.

The horse must proceed toward the obstacle willingly. He must be calm and attentive; therefore the rider must avoid any movement or action which

might cause him pain. He will approach the obstacle always erect and at a cadenced gait, holding the horse's head straight by means of an even support; the rider's hands should be held to the height of the withers and care should be taken not to move sideways.

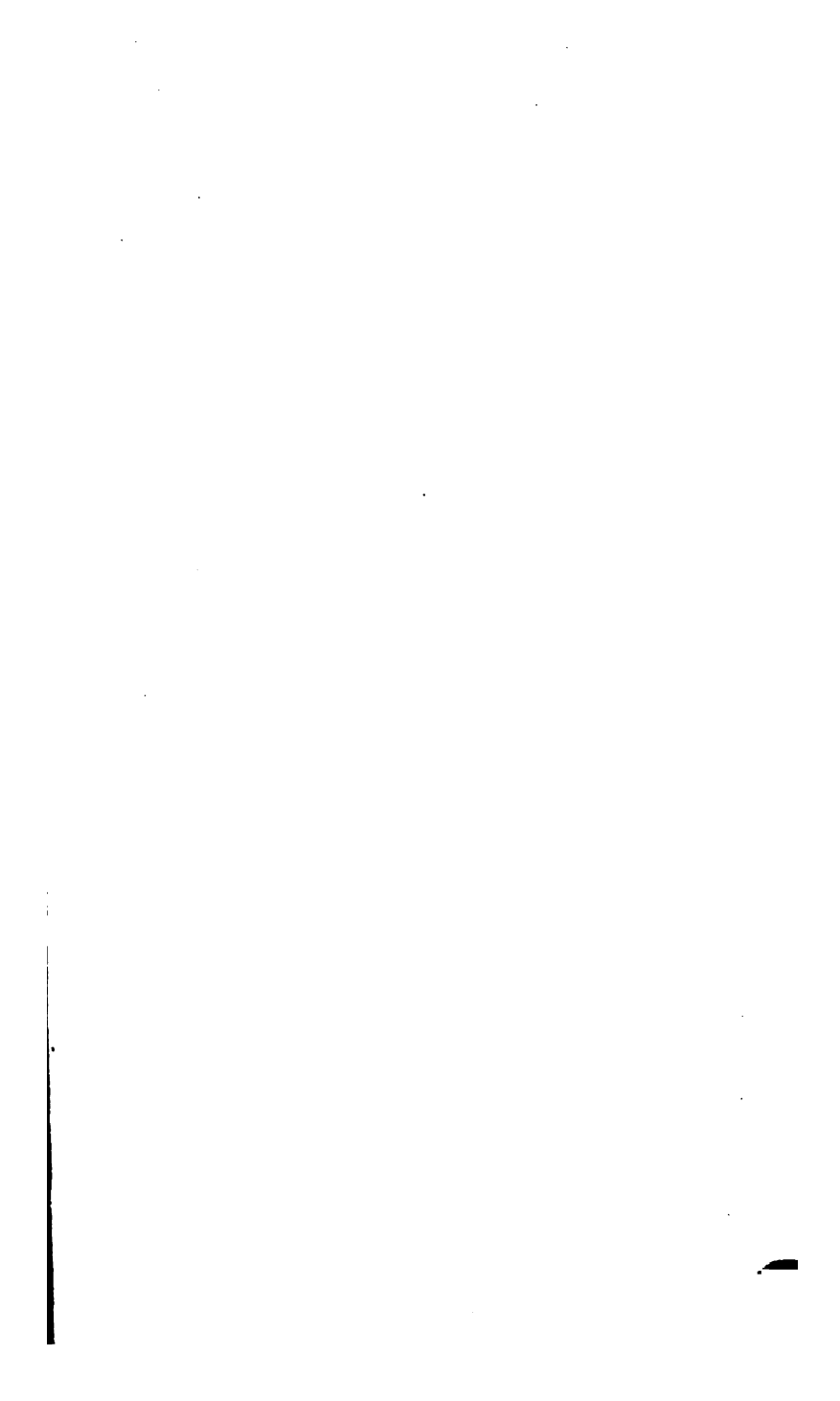
On the other hand, when near the obstacle, he must thrust the hands a little forward (preserving the same tension upon the reins) in order to allow the horse to extend his head and neck. The rider will not cause his body to gravitate too far backward or forward, and will not lend any aid of the leg which is not absolutely indispensable to the gait and the cadence.

As soon as the horse has leaped, the rider will accompany with his body the shifting forward of the center of gravity, but without lifting the seat too much from the saddle; at the same time he will loosen the reins completely, and if necessary allow them to run through his fingers, so that the horse may extend his neck fully. This yielding movement when the horse is in the air, is of the utmost importance, because the least jostling on the part of the rider may compromise the result of the leap and cause severe pain to the horse.

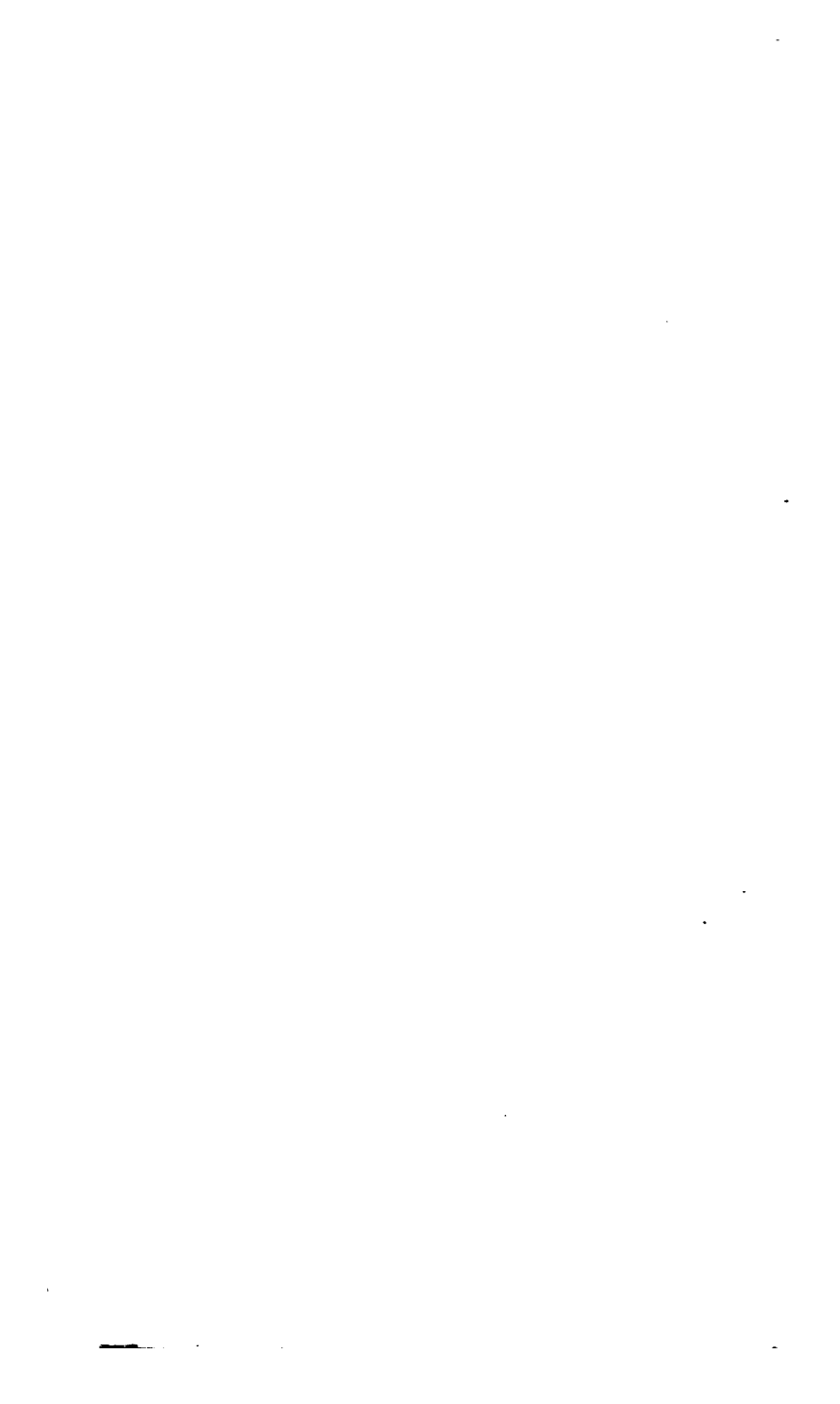
Progression also must be scrupulously observed in this exercise by beginning always with obstacles of small size and not proceeding to larger ones until the horse has taken well the smaller ones. Horse and rider must be drilled on obstacles of elevation as well as those of extension. The latter requires more speed.

The second part of this manual introduces the rider to school equitation; but it is clear that the education of the rider is closely connected with and must proceed parallel with that of the horse, for it would be an imperfect procedure to educate an inexperienced rider on a horse that has been fully drilled. The rider would not understand the resistances of the horse, the nature of the means to be employed, or the necessary time for his work to attain its result. The horse, however, through generosity, intelligence, or habit would respond to the exercises, even if bid by insufficient or erroneous actions.

Good will and courage can easily produce a good rider in the field; but neither would suffice to produce even a mediocre one in the school. In the latter, qualities are required which can not be found in one not favored by nature. Nor can we supply them by rules. Fine touch and delicacy of equestrian feeling belong only to favored riders.







MAR 11 1954



the 1990s, the number of people in the world who are under 15 years of age has increased by 1.2 billion, from 1.1 billion in 1980 to 2.3 billion in 1999. The number of people aged 15 years and over has increased by 1.1 billion, from 1.1 billion in 1980 to 2.2 billion in 1999. The number of people aged 65 years and over has increased by 0.2 billion, from 0.2 billion in 1980 to 0.4 billion in 1999.

These changes in the world population have led to a significant increase in the number of people who are under 15 years of age, from 1.1 billion in 1980 to 2.3 billion in 1999. This increase has been driven by a combination of factors, including a decline in the death rate, a decline in the birth rate, and a decline in the life expectancy at birth. The decline in the death rate has been the most significant factor, with the death rate falling from 10.5 per 1,000 in 1980 to 6.5 per 1,000 in 1999.

The decline in the birth rate has also been a significant factor, with the birth rate falling from 2.5 per 1,000 in 1980 to 1.5 per 1,000 in 1999. This decline has been driven by a combination of factors, including a decline in the fertility rate, a decline in the age at first birth, and a decline in the number of children per woman. The decline in the life expectancy at birth has also been a significant factor, with life expectancy at birth falling from 72 years in 1980 to 68 years in 1999.

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